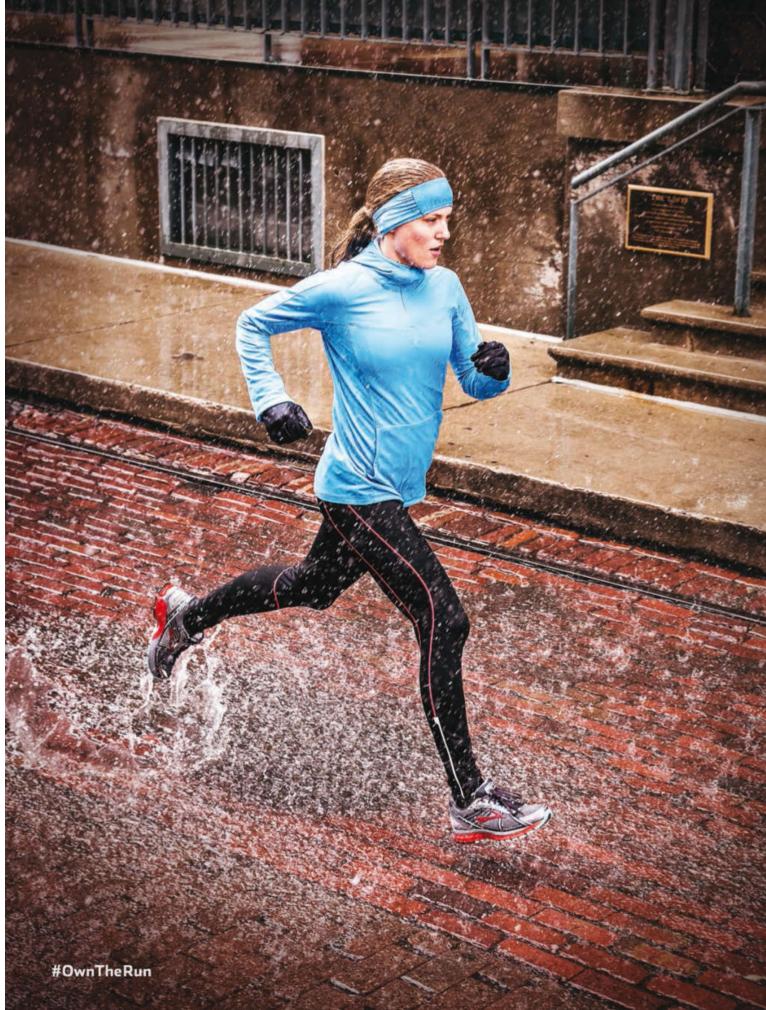
39 CREATIVE HOLIDAY GIFTS FOR RUNNERS







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FROM THE FOITOR

Present Perfect

or all of the wellmeaning sequined cardigans we never wear or peacock figurines that end up in the junk drawer, sometimes a present comes along that changes the game. For me, one of those magical gifts came in the form of a running jacket and a pair of thick tights. I was living in New York at the time, where at the end of December, winter is just beginning to blossom.

I'd been running in the northeast during winter for more than 10 years, but I'd



never once worn proper cold-weather gear. In high school, I didn't know good athletic jackets existed. In college (and after), disposable cash was at a minimum, so the idea of spending \$100 on a pair of pants seemed insane. When my boyfriend at the time handed me the gift, I felt horrible that he'd spent so much on an outfit that was the equivalent of 70 falafel sandwiches.

But when I ran in the tights and jacket for the first time, my reaction was total amazement. It wasn't that they were simply comfortable—they turned running in freezing weather from nearly impossible to incredibly fun. For a girl who had spent Massachusetts winters sweating through cotton long-sleeves, terry hoodies and fleece vests, I couldn't believe the difference thick wicking fabric made. The cold streets of New York now felt like my icy playground.

Even though I now live in San Diego, where the "winters" require a pair of capris (maybe), I still keep this jacket at my parents' house and love running in it when I visit over the holidays.

My winter-defying outfit was in part the inspiration for this year's Holiday Gift Guide. In this issue, we break down the best gifts by different parts of the country to ensure every runner finds the jacket (or rain coat or vest) that will transform her run-life. You'll also discover items from brands that tap into the flavor of the area—and encourage local-shopping support. We hope that you find your run friend her game-changer, or that you fill the pages up with sticky notes and leave it on the table as a not-sosubtle hint. Either way, enjoy and happy gifting!

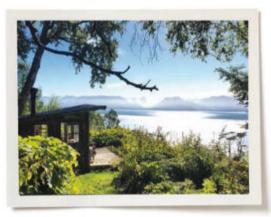
Jessie Sebor / @Jessie Sebor

Join in on the fun! Use #TeamWR on Twitter or Instagram to share questions, pics, tips and brags!

WHERE I'VE BEEN RUNNING LATELY



The commandment of morning running: Thou shalt not be late to meet a friend at 6 a.m. After breaking this rule and leaving my buddy to head out solo on the trails, I picked some squash flowers and tried to catch up. I'm still sorry!



After visiting Alaska in August, I'm convinced there's nowhere in the world more wildly lovely. Running from our little hut on a cliff to the iceberg-filled shore took my breath away.



Trail running in Turkey doubles as a goat-herding adventure. Check out my recap of the Lycian Way Ultra Marathon in an upcoming issue.



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I HAVE NEVER **WORKED A DAY** IN MY LIFE. MY AVOCATION BECAME MY OCCUPATION MAY EVERYONE BE SO BLESSED!





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TO DO.



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Piece of Mind

On a beautiful fall day, we met up with our cover runner Amanda Tice to take some running shots in Fort Greene Park in Brooklyn, N.Y. A regular traveler, this 31-year-old loves to sightsee and run at the same time. But when she's home in Santa Monica. Calif., she likes to have an ocean view for at least a few of her miles.



ASK THE COVER RUNNER...

What's a typical run for you?

I live blocks from the beach. I usually run twice a week, 3 to 4 miles through my neighborhood

Why do you like to run?

Your body is in motion, but your mind gets this freeness. You get a mental clarity.

What did you think about the different clothes for the photo shoot? After wearing all of those outfits, I have a completely different conception of activewear.

It's hard to find pieces that can transition. These transition from activewear to hip, cool comfort-wear.

What about the white-and-black Reebok Mesh Criss

Cross Bra and Puri-Ten Legging on the cover? It looks extremely fashionable but was very comfortable. I really liked that sports bra! I'm a 36D. A bra has to have support. Sometimes I have to wear two.

Do you have any other favorite sports bras? Glamorise has a sports bra line. They are adjustable in the front, based on how much support, so you can have less for yoga and more for running. I really like Champion—they are really affordable and tend to be fashionable. It's easy to drop by a Target and find something that is supportive.

What do you noually wear when you run? Having a gorgeous outfit is awesome, but it doesn't affect how I feel. I tend to wear an old

Do you have go-to workoute other than running?

I also do Zumba twice a week. It doesn't have the same effect as running. I have to focus on what my body is doing.

When you aren't exercising, what do you like to do? I have two full-time jobs. I'm a plus-size model and an entrepreneur. I founded a coworking

space in April in Los Angeles.

Do you have a favorite place you've run when traveling? Alster Lake in Hamburg, Germany. I've run there twice.

How long have you been a runner?
When I was younger, I used to be on a track team. As a young adult, you get the most out of the camaraderie. As you get older, it's hard to schedule a particular time. Now I use those skills on my own. It's really about getting peace of mind.



NEW FOR 2015...TUTUS

















TEAM WR

{COMMUNITY}



BLOGGER ON THE RUN



RUNNING ON VEGGIES

By Lottie Bildirici, Brooklyn, NY "I first got into running after signing up for a half marathon through a charity program that required that I raise money for a local cancer center. It was a great excuse to give back and also enjoy a trip to Disney with my friends. I signed up for smaller races throughout the year and slowly started to get the running bug. I remember toeing a starting line for the first time, standing there in my oversized sweatshirt and watching all the little heads bob once the gun went off. I loved the running community and camaraderie. After I ran the half marathon. I was completely hooked."

Lottie's recipe for post-run splurge... Pecan Pie Smoothie

Pecan Pie Smoothie
1 cup almond milk
or any other dairyfree nut milk
¼ cup oatmeal
2 Tbsp. pecans
4 small dates
½ tsp. cinnamon



Dash of salt ½ cup ice cubes

1 scoop of plant-based protein powder OPTIONAL ADD-INS:

2 tsp. maca powder if your looking for more energy (pre-workout) Handful of spinach

TOPPINGS:

1 tsp. cacao nibs 4 crushed pecans Dash cinnamon

Combine everything in a high-speed blender. **Blend** until smooth. **Add** toppings.

Look for monthly recipes from Running on Veggies at womensrunning.com!

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Or email **editorial@womensrunning.com** with any burning q's!



OMG, SHOES! OUR SOLE MATE AWARDS ARE IN THIS ISSUE (PAGE 79)—WHAT'S YOUR FAVORITE GO-TO PAIR OF KICKS?



@irinasandu8
I love my @adidasrunning
boost



@justsportsrehab
We can't decide!!!! Too
many to pick from. We love
them all the same :-)



@werundisney
Always @brooksrunning
Ravennas. Pick a pair!
#runhappy



@kris_ten15
My ASICS Gel Kayano 21
running shoes
are the best.



#PINNING

From our *Motivation & Inspiration* board...





WOMEN'S RUNNING

What's the best motivational saying vou've seen on a runner's T-shirt?

Mandi

"Run, Forrester, Run" (my last name)

Stacey

"Drop it like a squat."

Sarah

Best one to date, at the Nashville half, "In my dreams, I'm a Kenyan"! That kept me giggling for a few miles!

Lisa

"I run...slower than a herd of turtles stampeding through peanut butter...but I run." My sports conditioning teacher wears that one. Love it!

Laarni

"Wake up. Run."

Stacy

"Forget the glass slippers. This princess wears running shoes."

Beth

"Run like there's a hot guy in front of you and a creepy guy behind you!"



WHAT WE'RE UP TO:

Editor @caitpilk is excited to run her first Boston Marathon in 2016! She's always imagining the end of her run is Boylston St.





INSTA-RUNNERS



@mrsmicknullen highly recommends the use of RoadID after a close encounter with a drunk driver! Great advice.



Will you share, @chasing_sav? Your post-workout routine looks delicious.



@running_wild8 definitely knows what a good morning looks like! Coffee and WR!



@crawfish.n.crunches is making us jealous with low-sugar pulled pork from her blog!

Want to show off your **#TeamWR** spirit? Tag us in your Insta photos with that hashy!

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WOTELS







TEAM WR {RUNNING THE NUMBERS}

Best Running Gifts According to WR Readers...



#1 Tech (watches, fitness trackers, heart-rate monitors, etc.)



#2 Shoes



#3 Gift **Certificates**



Running



#5 Race **Entries**

OF PEOPLE LOVE TO GET GIFT CARDS.

Most readers kept mum. Kristen Quinn, a reader from Murfreesboro, Tenn., summed it up best when she said. "Is there really a price tag for what we love? Being a runner is who I am. It isn't something I do!"

READERS GUESSED THEIR ANNUAL RUNNING-GEAR AND

HOLIDAY-GIVING BUDGETS

WERE ABOUT EQUAL.



running-related gifts.

"I'll take my running gear any way I can get it," said one reader.



1 out of 4

of vou would rather choose your own gift.

When it comes to running, readers spend the most on this stuff...

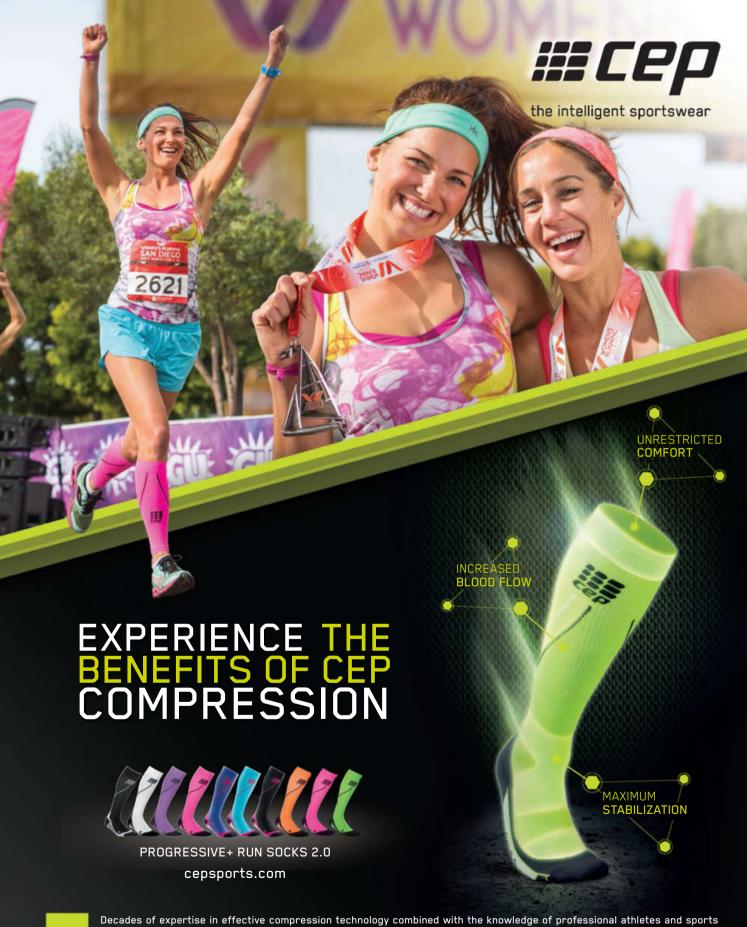


to and from New Zealand for the New York City Marathon was the

of holiday shoppers treat themselves in the process.

616.1 B

TOTAL HOLIDAY RETAIL SALES FOR NOVEMBER + DECEMBER 2014





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I earned the world record for the fastest half marathon run backward.

Tomething is seriously wrong, I thought to myself. I'd only run about 20 miles in my new shoes, so how was it possible that I'd worn a hole through the sole of the left one? My mind swirled as I tried to make sense of what could be happening. I'd recently run the Boston Marathon and had felt off during the whole race. Then a couple of weeks later, I fell and hit my head during a regular training run. Now I had a hole in my shoe. What was going on?

After the shoe incident, I immediately scheduled time with an orthopedist, beginning a string of appointments in an attempt to find out what was wrong. After cycling through many doctors who couldn't diagnose what was happening, I saw a neurologist who immediately recognized my symptoms as dystonia. It was later diagnosed as runner's dystonia-which like Parkinson's disease is a movement disorder. Since my father, who was once an avid marathoner, suffered from Parkinson's for most of my life, I was all too familiar with the fact that my running might be over.

I discovered during physical therapy that while running forward may not be an option anymore, I could run backward without my legs failing. And so my journey as a backward runner began.

As a former collegiate athlete, race times have always been at the heart of my training. On a whim, I searched for a backward running record and found the female Guinness World Records title for fastest half marathon run backward with a 2:49 time. Half joking and half serious, I told my family I wanted to beat it. They were supportive and even pledged to join my attempt.

I lined up at the start line of the 2015 Rock 'n' Roll San Diego Half Marathon this past spring, with my nerves swirling. My brother, sister, boyfriend and two unrelated witnesses stood by my side as we waited for the start gun to sound the beginning of the race.

Knowing that I could not turn forward at any time without jeopardizing the record, I relied on my team to alert other runners and to warn me of any road hazards. Water stops presented one of the biggest challenges as people often slow abruptlv. At mile 3, I took the first of two falls. I recovered quickly and continued the race, enjoying the opportunity to meet fellow athletes while striking up conversations along the way.

By the 10th mile I was mentally exhausted. I worried about the possibility of not being able to carry out the mission. I took my second fall during that mile and struggled to get my head in the race. I kept pushing though and eventually entered the finish chute with the confidence that the world record would be mine. I crossed the line with a time of 2:46.

While I had finished

Justine
Galloway
Age: 35
San Diego, CA

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many races before, I had a newfound appreciation for the experience. Where I once feared my life was

CERTIFICATE

The fastest half marathon running backwards (female) is 2 hr 46 min 6 sec and was achieved by Justine Gallowary (USA) at the Suja Rock 'n' Roll San Diego Half Marathon in San Diego, California, USA, on 31 May 2015.

OFFICIALLY AMAZING

forever changed because of my diagnosis, I now felt grateful that I found a way to continue running.

Learning to run backward taught me that anything truly is possible. It would have been easy to make excuses and give up running completely after my diagnosis. But instead I fought for the ability to continue to run. Life doesn't always go the way we plan—it's how we handle our challenges that makes all the difference.



Interested in what other running records exist or want to go for one yourself? Check out guinessworldrecords. com to find out more!

I'm the fastest Santa Claus ever to have finished a marathon.

hope the rain stops! My mind raced thinking of the misty conditions that blanketed the sky as I drove toward the start of the Portsmouth Coastal Waterside Marathon. To my satisfaction, the weather cleared just as we arrived. The break wouldn't last long and soon it was raining again, this time accompanied by hail and whipping wind. Not a great combination for running in a head-to-toe Santa Claus suit.

Determined to forge ahead, I set out on the course with my friends keeping one goal in mind: snag the world record by running this marathon in under 4 hours. The first 5 miles were torturous as the wet weather soaked my costume, making the beard itchy and trousers triple in weight. All I wanted to do was rip my Santa hat off, but I knew if I did, the record

would slip away. Having checked with Guinness World Records administrators, I knew that every item in my suit must remain in place.

To my surprise, the weather cleared at mile 5 and the sun came out to shine. Thanks to my incredible friends who were pacing me, I was able to continue running, only focusing on the end goal. My boyfriend and family tagged along for spectator support, positioning themselves every couple of miles to give muchneeded boosts of cheering.

The course was a long out-and-back. After I turned around, it was great seeing how many people I was in front of, even running in a full Santa suit! I laughed as fellow runners commented when they saw me, saying things like, "Oh no, Santa is faster than us...and it's a girl!"

Arriving at mile 17, I began to really suffer. My beard was now sticky from energy gels and my suit trousers felt like they weighed a million pounds, but I was not going to let my pace slip. My friends continued pushing me too, knowing how important the record was to me.

Coming up to the last 2 miles, my friends did everything they could to shield me from the wind as we all trekked on toward the finish. With the last 50 meters to go, my dad and nephew jumped in to run me through the line.

When I saw the time of 3:43:20 and knew I smashed the previous record, I couldn't contain my excitement. Riding the high of adrenaline, I started celebrating with my friends and family, not even realizing that I left my beard on for a full 10 minutes after

crossing the line.

It took months for the record to be official. I now proudly display a certificate framed with my medal.

Since being awarded the record, if I have a bad run or don't hit a new personal best, I simply say to myself, That's okay. After all, you're a world record holder!

Running in a Santa Claus suit and ultimately scoring a world record brought my running mojo back. I was getting to the stage with my running where I was only concerned with a new personal best every time I ran. Running this race and earning the title allowed me to make marathon running fun again!

Holiday Treasures

For our Marathon Maniac, Christmas morning brings a special sort of gift

BY DANIELLE CEMPROLA

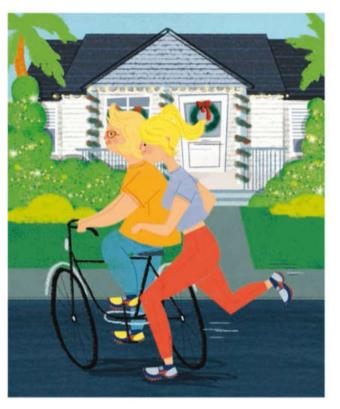
WHEN I WAS LITTLE, I WOULD FLY OUT OF BED ON CHRISTMAS MORNING BEFORE THE SUN ROSE. Full of glee, I couldn't wait to lay my eyes on the bounty of gifts. And if you ask my parents, that was me on my best behavior. Some years, I was so excited that I didn't sleep at all.

Now that I'm an adult, I still wake up early on Christmorning, although things have changed. There are no kids in my family anymore, and my husband and I don't have any little ones of our own. Our big event is my grandmother coming over to my parents' house no earlier than noon. If my brother happens to be home that year, we won't see him until late in the day. No, it's not about presents anymore—it's about the run.

Despite my penchant for marathons, I'm not always the most motivated runner in

the world. I've hit the snooze button on long run mornings more often than I'd care to admit. But there's one day of the year I never have a problem waking up early and lacing up my running shoes: Christmas.

Since I've become a runner, it's turned into a kind of ritual for me. I'm often visiting my parents back home in Florida and have no other responsibilities. My mom (who happens to



be my biggest running fan) is there to ride her bike next to me, entertain me with stories and carry my water bottle, and there is no set time we have to be home. The roads are quiet because kids everywhere are waking up and opening presents in their living rooms. If we leave early enough, Christmas lights are still turned on.

One of the best parts: I can count on an excellent postlong run meal. After my morning workout, I'm free to put away all the marshmallow-covered sweet potatoes, pie, cookies, cookies and more cookies I want—in fact, I need to in the name of replenishing my glycogen stores, right?

As I've gotten older, I'm still waking up early and running to my presents (despite my husband's refusal to get me the pony I've been asking for). But the gifts are different now. Instead

of toys and games from Santa Claus, my Christmas morning long run finds me unwrapping memories and cherishing my greatest treasures: my family, my health and, yes, my running. I may not always have the opportunity to get those holiday runs in, so, for now, I'll count myself grateful for every step and toast to my good fortune with a glass of eggnog.



WISH LIST

Here are some (material) gifts I'd love to wake up to on Christmas morning—hint, hint! If you are not related to me, consider them for other runners in your life.

- A sports massage: My poor IT bands. My poor, poor IT bands.
- Plane ticket to a destination race: Wishful thinking, anyone?
- A pedicure: This may be more of a gift for my husband and society than for me.
- New running socks: Because you can literally never have too many pairs.



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My Biggest Fan

BY EMILY POLACHEK

Brenda Nelson has never met her biggest fan in person. He's a 4-vear-old boy named Dylan Robinson who lives in Melbourne. Australia. Nelson, a 47-year-old executive assistant from Minnesota, was introduced to him through a nonprofit called I Run 4 (IR4).

The nonprofit matches runners with "buddies" who are physically unable to run. A few years after Nelson quit smoking, picked up running and finished her first 5K. she learned about the organization through a friend and decided to apply so she could dedicate her miles to a new friend.

In August of 2014, after several months of waiting, she was matched with Dylan,



BRENDA NELSON BEFORE A RACE AND **DYLAN SPORTING** HER MEDALS

who was born with CMV (cytomegalovirus), a birth defect that affects his ability to walk and talk. However, Nelson savs with therapy he's beginning to slowly prove his doctors wrong.

"I love races that have finisher medals.

because I send all of mv medals to Dylan," savs Nelson, who ran her first race for him last year in September and ran a 5K PR. "Every time I run, I post to the IR4 Facebook page and dedicate it all to Dvlan."

Dvlan's mother. Zoe Robinson, communicates for her son with Nelson.

Through Messenger, the two women encourage one another, send each other photos and share their dayto-day news.

Nelson hopes to visit Dylan and his family in Australia at some point, but in the meantime she continues to run the miles for him. bringing awareness to his disability.

WHO'S YOUR RIGGEST FAN?

Email your submission to editorial@womensrunning.com! Featured entries will win a free subscription (or renewal) for you and your fan!

MOTIVATION IN MOTION

"Run when you can, walk if you have to. crawl if you must; just never dive up" —Dean Karnazes





There's magic in the air (and in your running clothes).

Holidays with family and friends are about as magical as it gets. But there's another extra-special kind of magic just waiting to be unleashed this holiday season.

You cast the spell with the first step of your run. It transports you far away from crowded malls, traffic jams, and pressures the holidays bring. It reenergizes, reinvigorates, and gets you ready to face the holiday season with extra cheer.

So embrace the magic. Get out, and run like the gate is open!

Laure

Laura Pita Founder & CEO Happy Puppies Athleticwear

P.S. To make your running experience more magical and chafe-free all year round, put Happy Puppies Athleticwear on your holiday wish list today!



P.P.S. This is what holiday weather looks like here in South Florida, but never fear! We have cozy jackets and leggings for runners in chillier climates!

happypuppiesrun.com



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#RNRBucketList # 9 0

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LACE UP (TRAINING)



Don't Be a Turkey 🥍

Start (or continue!) a Thanksgiving Day family tradition by signing up for a trot.

AS TOLD TO KARA DESCHENES

HOLIDAY SPIRIT

At the Community Food Share 5K Turkey Trot.

runners (including the Schuckies!) will feast their eves on the gorgeous mountain sights as they run through the heart of the city. Feel good about your run as registration money goes to help feed hungry families in the area.

WHERE: Boulder, CO boulderroadrunners.org

TEXAS T-DAY

As one of the largest Thanksgiving Day races, the **Dallas** YMCA Turkey Trot attracts more than 36,000 runners each year. With options to run a timed or untimed race and both 5K and 8-mile courses, there's an event for every level of runner. Stick around after for tons of family fun including pony rides, bounce houses and live music!

WHERE: Dallas, TX thetrot.org

Play Dress Up

Turkey Trots tend to be festive events with the focus on fun rather than competitive running. Join in the spirit of the day by donning a Pilgrim hat or turkey T-shirt to celebrate the holiday.

Top Spot

Thanksgiving is

the #1 holiday for

running events,

with 858,000

people trotting

on turkey day in

2012, according to

Running USA.





EXPERTS THE SCHUCKIES

Pam Schuckies and her husband, Warren. always enjoyed running together, so when they had children, they knew being an active family was non-negotiable. Since their two kids started out playing soccer, making the transition to running was easy. Nearly 20 years ago, after moving to Colorado, the family ran their first Turkey Trot together, kicking off an annual tradition they've come to love. Though Erica and Scotty, now 29 and 27 respectively, both moved away to start careers of their own, when they come home for turkey day, their running tradition lives on.



Extended Family

You might be tempted to include the entire family (even four-legged members) in the running fun. While a lot of Turkey Trot races encourage walking, strollers and dogs, make sure you check with vour event's rules to ensure everyone has a good time.



Sweet Treat

Pumpkin pie has

approximately

323 calories,

making it the

treat. Since

runners burn

running a 5K

100 calories per

mile on average,

basically equals

one piece of pie!

perfect post-trot

Pam recommends warming your kids up with shorter distance events before tackling a trot. Many races include a kids' division, which features a 1-mile run. Always choose a distance you know they can complete successfully and then focus on the fun.

HISTORICAL HARVEST

In 1896, six runners raced 5 miles on Thanksgiving morning through the streets of Buffalo. Today, you can be part of history by running the oldest trot in the country. the 120th annual YMCA Turkey Trot. Celebrate the true spirit of the holiday by knowing that all proceeds from registration go toward helping support families' participation in YMCA programs.

WHERE: Buffalo, NY ymcabuffaloniagara.org

GOBBLE GATHERING

If watching professional runners gut it out is your idea of a good time, head to the Silicon Valley Turkey Trot. Complete with an invitational elite race, the event also includes a 5K, 10K, kids' fun run and 10K wheelchair race.

WHERE: San Jose, CA svturkeytrot.com

SUNNY SIDE UP

Get a healthy dose of vitamin D before your Thanksgiving feast by running the Tampa Bay Times Turkey Trot in the sunshine state. With a finish line set up at a local high school track, you'll be energized through the end by the roar of the crowd from the stands.

WHERE: Tampa, FL tampabay.com



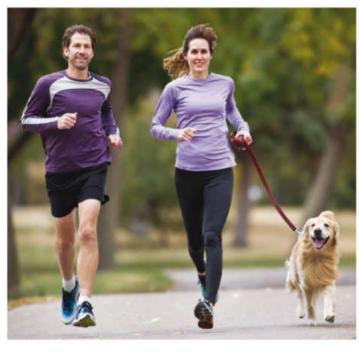


Is it better or worse for my training to bring my dog along?

Going for a run with your pup is often a win-win! You get your exercise and Buster gets some time outdoors too. But just like people, not all dogs love to run. Your pooch might be a natural, or he might pull you into the street at the sight of a squirrel—or only make it halfway down the block before he tires out.

The ideal is to head to a trail that allows dogs to go off leash, so that you can run at your own pace and Buster can enjoy some exercise, as well as sniffing the bushes. And remember, running is something you do for you. If bringing your pet makes your overall experience better, do it! If it increases your stress level, then leave Buster at home with a bone and enjoy the run all to yourself.

ow do you stay sane as you go from preparing for a race, to getting injured and back again? If you find that you are in a pattern of regularly getting injured after you train for a race, you might want to take a second look at your training. Make sure that you slowly increase your volume



and intensity over time and don't do too much too soon. Include proper warm-up and cool-down routines as well as rest days to maintain a balance between stressing the body and recovering.

Training consistently is important to your overall development as a runner. While it is tempting to get excited and push yourself from race to race, be sure to take some downtime in between. Stay patient and relax, enjoy the process—a happy mind and body is a healthy mind and body.

hat are some ways to help prevent or lessen post-race painespecially if you live in a four-story walk-up! At the end of a race, the natural inclination is to celebrate and relax—and you should! But it's crucial to remember proper recovery, so you can return to your normal life feeling fresh and pain-free. There is no magic formula, but there are many small things you can do to help lessen the pain.

To minimize post-race soreness, the first step is to get in a cool-down jog. Just 10 minutes of easy running followed by 5 minutes of static stretching will do the trick. Immediately after, refuel with plenty of fluids as well as a snack with both carbs and protein.

Ice baths, while uncomfortable, are another great recovery tool. Buy a fivepound bag of ice from the grocery store and dump it in your tub. Don't add too much water so the ice melts quickly—it should be very cold. Submerge your legs or sit from the waist down for 10 minutes.

Foam rollers are also great to use for an at-home massage. You can buy them online or at your local running store. Continuing to rehydrate and getting plenty of sleep will also help. Be patient if the stairs don't feel great! Your body worked hard and it needs some time to repair.

Have a question for Coach Kigar? Email editorial@ womensrunning.com or tweet @womensrunning with the hashtag #AsktheCoach



TIP OF THE **MONTH**

To tread on the 'mill or not-that is the question!

Now that it's getting cold and there are fewer hours of sunlight, it can be tough to get a run in before dark. There are varying philosophies when it comes to treadmill running. Many elite athletes have specific treadmill workouts that are key components of their training, while others would never set foot on a machine.

Treadmill running in moderation is a good solution during the winter months. With training, as with life, we can only control so much and then we have to let the rest fall into place. The snow and dark winter months are out of our control, but a good run on the treadmill with some holiday music on our headphonesnow we can make that happen! Just remember to stav tuned in to how vour body feels. especially if you usually run on the roads or trail.



My friend talks about running all the time. I love it too, but what's a nice way of telling her that I want to talk about something else?

Super simple solution to this: Keep changing the subject to non-running topics. If it's an obvious problem at any given time, it's okay to let her know. "I love you, girl, but we have to talk about something other than running. I'm dving to know how your trip went!" Changing the subject to something that's about her will help get her on track with a different conversation while still showing interest.

f you spot someone with a wrong pair of shoes ready to run a race (like road shoes at a trail race), should you say something for safety reasons?

This is a tough one, because you may cause someone to have anxiety right before the race (which is never good) even though your concern is



for her safety. It's best to trust that this person will learn by her own experience.

You are certainly not responsible, and while that's not the reason to avoid telling her, it's usually best not to offer advice that wasn't asked for. It's one thing to warn a runner who is staring at the sky while on the trail that they are headed for a rock or tree, but inserting yourself into her choice of footwear is going a bit far. If she asks about shoes or gear, go ahead and let her know; but if not, just stick to focusing on your own race.

ow much should you donate when a friend asks for a charity race?

This answer always boils down to two things: your budget and your comfort. If you have a big budget, that doesn't mean you have to donate big numbers. If you can and want to, that's great! If

you have a tight budget, you can donate of course—but it's also okay to simply decline. "I wish I could, but right now it's not an option for me." If you want your friend to ask you in the future, then let him know that. "Feel free to ask me next time though!" If you really want to help the cause, ask if there's any time you can help out or volunteer to show support.

live in a small community and everyone is very friendly. But when I'm running—whether on the streets or in our gym-I just want to run and not have to say, "Hello!" Is that bad? Wanting to focus on your run is completely understandable. I have acquaintances who are so zoned out that I've stopped trying to say, "Hey," when we cross running paths. I know they have unintentional blinders on. That

being said, it is better not to alienate people.

I suggest you give a wave and then turn your focus back to your workout. That's pretty easy to do when you're outside. If you're at the gym, you can try and catch up with someone in the locker room, at the water fountain or in the lobby after you're finished. You can also always say, "So good to see you! Got to finish this run, but I'll text vou later!"

Sometimes a friend will hang out by your treadmill. It's okay to address this with her in the moment: "I definitely want to hear more, but I've got 5 more miles to go. I'll catch you by the stretching mats."

Have a question for Lizzie?

Email editorial@ womensrunning.com or tweet @womensrunning with the hashtag #ProperForm.

02.14.2016

The weather will be chilly hot humid wet dry rainy sunny perfect for running Austin.

Your challenge. Austin style. Register now.





Layer Slayer

Run happily in any weather with this foolproof guide to winter layering.

As the merchandising manager of apparel for Brooks Running, it's Bennett Grimes'
job to obsess about runners' comfort when it comes to clothes.

Here he shares his insider tips on dressing properly for different temps.

BY JESSIE SEBOR ILLUSTRATIONS BY OLIVER BAKER

60+ Degrees

Just a wee bit nippy, Grimes says that 60 degrees is "one of the most versatile temperatures." It's hot enough that it only requires a single layer. He recommends a tank and capris—although shorts work well if you run a bit hotter, and a T-shirt is great if it's more comfortable for you. "Every body is a little different," he explains. The only must? Make sure that your top and bottom are wicking fabric like a polyester or a poly-wool blend.



59-40 Degrees

"This is where layering starts to become important," Grimes explains. The beauty of a double layer is that the first will pull moisture off your skin while the second will keep the cold from creeping in. Keep the tank and capris, but add a long-sleeved shirt on top. If it's a windy day, you might want to add a shell.

START WITH: TANK TOP & CAPRIS



+LONG-SLEEVED SHIRT



+SHELL (IF WINDY)



COLD RAIN

- Waterproof jacket made for running (to allow sweat to release)
- Brimmed, waterresistant cap

SNOW

- Beanie
- Scarf
- Gloves
- Ice traction device like YakTrax

HAIL

- · Stav inside!
- Or if you must: brimmed, water-resistant cap



39-20 Degrees

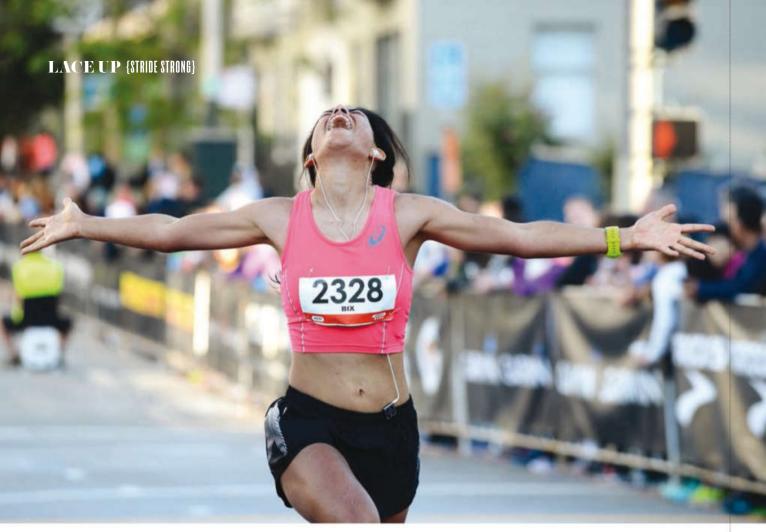
Grimes says, "It's days like this when layering starts to become *critical*." When the weather drops below 30, your legs will beg for a full tight. Swap out the long-sleeved shirt for a half-zip or hoodie, which will "give you a cozy barrier between your neck and the collar of the jacket." You might be okay with just this second layer, but many runners will want a shell on top. Grimes recommends a pair of mittens like the **Brooks Joyride** (\$35, brooksrunning.com) as they feature mesh in the palms to ward off that sweaty-hand feel.



<20 Degrees

"This is how you know if you're hard-core!" says Grimes. Again start with the tank and add a long-sleeve or wicking hoodie. Over that Grimes likes adding a vest to insulate your core: "That's the most important place on the body to keep warm." Top with a jacket and a hat if you don't have a hood. If it's below 10 degrees, add a loose pant over your running tights. Gloves or mittens are a must and a balaclava may be helpful to warm the air.





Head Case

When your confidence is in the gutter, your running performance tends to suffer. Don't let your run-game slip because of self-doubt. Heed these 10 tips to give yourself a mental boost.

BY CAITLYN PILKINGTON



Make self-love a priority. Olympian Kara Goucher says tracking self-confidence is a daily task-but a beneficial one. "You have hard workouts when you are preparing for a race, and you push through the doubts to finish. Track how you handle the mental side on hard days."

Write down your goals. With a pen. On paper. And hang it up on your bathroom mirror. The act of inking your desired end result makes it feel permanent, tangible and attainable. Goucher also suggests keeping a confidence journal: "Write down a positive thing from every workout, whether you totally nailed it or struggled to finish. This is key to review before races to remind yourself of all of the preparation you have done."



Look at old race photos.

Reminiscing about a past triumph can bring back memories of being strong. By looking at photographic proof that, ves, you can complete a race, it will be hard to doubt your abilities at the next starting line.

1 Remember where you started. Don't let yourself get bogged down by a bad day. You started somewhere much smaller, and you've grown into a much bigger place. Your path over the last weeks, months or even years is a much better reflection of where you are today than one measly run that didn't go well.

6 Recognize vour doubts so you can face them. "When I was nervous, all those negative thoughts would come streaming to the front of my mind," Goucher explains. "Now I admit my fears and anxiety to myself and address them so that they can become a strength on race day, rather than a weakness."

Turn on your favorite song-and play it on repeat. There's a reason that one track has a special place in your runner heart. It elicits an emotional response, often a powerful one. The music tells your mind and body, Yes, I can do this. Why not put it on loop?







one word that I have

thought of during

training, like confi-

she says. "When I say

that word to myself, it

conjures up all sorts

of feelings of getting

through tough times

and it helps me focus

on the task at hand."

dence or courage,"

and author of the upcoming book Running Home, says, "Little challenges can validate your running prowess. Try going just a halfmile farther or 10 seconds faster at the end of a run. Sometimes you need to physically Adopt a mantra. do it before your brain will believe it." Goucher uses positive self-talk to carry her through tough runs and races. "I have had so many mantras. Sometimes I just have





FROM THE TOP

Kara Goucher describes how a confident attitude guided the elite runner to one of the best races of her career.

"I was very confident with my preparation leading into the world championships in 2007. I was running the 10,000 meters. While I had never run at the world championships before, and my time seeded me only about 20th, I knew that I had done great preparation ahead of time. Instead of being intimidated by all the very accomplished women around me, I used strength and confidence from the training I had done leading up to the race. During the race, I listened to my breathing and my body. With 200 meters to go. I thought about all the training I had done; it gave me the confidence to give one last push, which propelled me to the medal position. Without confidence that day, I would have finished way back, but instead I listened to myself, trusted myself and ran one of the greatest races of my life."



Challenge yourself.

Alisha Perkins, a mother-runner blogger

Period Drama

There will be blood—but that's all right! Fun facts about running with your cycle...

BY JESSIE SEBOR

s it okay to run during my period?" Let's put this question to bed: It's 100 percent fine. Running is a natural human movement; menstruation is a normal bodily function; there's absolutely no reason that these activities can't happen in tandem. However, they don't always feel like a match made in heaven due to the uncomfortable side effectswe're looking at you, bloating, fatigue and digestion on super drive. A delicate relationship, not often discussed, we took some time to explore the drama of menstruation and sport.



◀ Menstrual Stars

When **Kiran Gandhi** got her period the night before the 2015 London Marathon, she decided to go with the flow. The drummer for M.I.A. and Harvard Business School graduate "free flowed" (ran sans tampon), and after posting pictures on her blog, the Internet freaked out. Gandhi says she did it partly for her own comfort and partly to make a statement. She explains, "Culture is happy to speak about and objectify the parts of the body that can be sexually consumed by others, but the moment we talk about something

that is not for the enjoyment of others, like a period, everyone becomes deeply uncomfortable. We must eliminate period stigma because if we don't own the narrative of our own bodies, someone else will." Amen, sister.

In 1996, German speedster **Uta Pippig** won her third straight Boston Marathon under serious duress. Not only was Kenyan runner Tegla Loroupe on her heels, Pippig was suffering from extreme menstrual issues that prompted live TV cameras to shoot her only from the waist up. "I had some problems with my period," reported Pippig. "I didn't expect it would become this worse...diarrhea. I felt not nice so I used a lot of water around me so that I look better and also for my legs that I could clean up a bit." Still she had a high-octane kick that crushed Loroupe at the finish, and Pippig crossed the line the champion.





▲ #TBT

Historically, options for period protection made it nearly impossible for women to exercise comfortably. Check out a few of these nightmares featured in The Curse: A Cultural History of Menstruation.

Clouts—18th Century

Old pieces of cloth stuffed into undergarments were long the norm. This is also where the unfortunate "rag" reference originated.

Sanitary Apron—19th Century

We can think of nothing less delightful than an apron made of rubberized cloth.

Menstrual Belt—20th Century

Complete with plastic latches, hooks and straps, this was how women kept it all in place before the advent of the adhesive pad in the 1970s.

It's Called a Cycle for a Reason

Dr. Robin Barrett, OB-GYN chair at Legacy Good Samaritan Hospital in Portland, Ore., says the biggest misconception women have regarding their periods is that their bodies are only affected around that time of the month. In fact, your body is continually experiencing symptoms of spiking and decreasing hormone levels. Some runners notice the highest level of fatigue during ovulation (around day 14), others have severe cramping one day before their period, while some have no trouble at all. Barrett says, "Journals are really great for knowing when you're having which symptoms." She recommends using an app on your phone like iPeriod (free, itunes.com) to better understand your body.

Whatever Works

Today, the protection options for runners are much improved.

Pads: These work well on short runs and for women who would like to avoid insertionbut chafing can be an issue. especially on hot days.

Tampons: Old faithful. These standbys are popular for a reason—but convenience does come at an environmental cost.

Cups: Menstrual cups have been around since the 1920s but only recently have experienced a resurgence, since they are great for the environment and heavy bleeding. Some women have issues during exercise as the device doesn't always stay in place.

Birth Control/IUDs: Barrett says this solution is popular among her active patients who want to minimize PMS side effects as progesterone often decreases bleeding. Obviously, this is not an option for runners trying to conceive.

Sponge: A renewable resource, sponges keep our waste out of landfills. Leakage during running is possible but light. The biggest hurdle for many is that the removal process can be messy-and you have to be okay with cleaning in your sink.

Period Panties: New to the market, these underwear work without the use of additional accessories. Again, a great environmental alternative, but be wary of chafing and be okay with a VPL if you're going the capris route.

Missing Out?

It's not uncommon for runners to stop bleeding while training for a big race. Barrett says this can be due to a decrease in BMI-or not: "People's weight may not look too low, but if they are exercising enough, they can still miss their period and it's a bit of a question as to why." One month? Don't sweat it. Two? You're probably okay. Three? It's best to see a doctor. Barrett savs over time. skipping periods can lead to bone thinning, fertility issues and precancerous changes in the uterus.

▼ And Now Try This!

Dr. Barrett says there are natural remedies for many uncomfortable side effects.

Bloating: Both chasteberry and calcium have been proven in blind studies to improve symptoms including water retention as well as irritability and food cravings. The trick is to take these supplements every day, not just when your waistband feels too tight.

Breast Tenderness: The bounce of running can make this a particularly sensitive issue for runners, but 400 IU of vitamin E can take away much of the pain.

Mood: Take the Peruvian plant derivative maca if you're prone to feeling edgy or your libido disappears.

Cramping: Barrett says keeping hydrated can help stop this force of nature. She also recommends taking ibuprofen or naproxen one or two days prior to when your belly normally knots up.

Fatigue: The best cure? Exercise! While it can be tough to motivate when you're feeling drowsy, just a few miles will release endorphins to help you perk back up. w



FUEL UP

{NUTRITION}



Pick a milk base. Milk doesn't just come from cows, so feel free to use almond milk, soy milk or another kind. Check out our comparison chart below. (If you choose one that's low in protein, make sure you pair it with a hard-boiled egg

or the like to properly refuel your muscles.)

Choose your chocolate.



LABEL ALERT Many milks come sweetened, and some

have chocolate versions, so adjust other ingredients

accordingly.



Syrup Cacao powder Cocoa powder Melted bars or chips

Sweeten up.

(especially if your chocolate source is unsweetened)







Candy cane ('tis the season) Strawberry jam Honey Maple syrup

Perk up your taste buds with a flavor enhancer.







Espresso shot Pumpkin purée (a spoonful straight from the can) Vanilla extract Salt (a pinch)

What's in That Milk?

The cartons of milks available today vary widely in flavor as well as calories, protein and fat (stats are for an 8-ounce serving). We did our taste test with unsweetened versions of the milks and homemade chocolate syrup.

	Calories	Protein	Fat	Taste Test
Almond	30	1g	2.5g	Adds a slight nutty flavor and is a little thicker than most others
Coconut*	60	0g	5g	Richer and not-too-thin—and does not taste like coconut
Cow 1%	130	11g	2.5g	Sweeter than others and the richest and thickest
Hemp	80	2g	8g	A distinctive flavor that may be an acquired taste
Rice	70	0g	2.5g	Thinnest but allows the chocolate to shine
Soy	100	9g	5g	Light and a little sweeter than most

^{*}Look for coconut milk beverage with the other milks as opposed to the cans used in cooking.

A fragrant topping hits your brain first as you get a whiff.







Orange zest Spices (cinnamon or nutmeg) Dried lavender, crumbled Marshmallows



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FRESHEN UP

{BEAUTY}





f you're health-savvy, vou already wipe down your cellphone, computer keyboard and gym equipment to avoid the spread of germs—but have you tackled your beauty bag? According to the U.S. Centers for Disease Control and Prevention, the average adult gets two to three colds every year. Good old soap-andwater hand-washing is the best defense against catching a bug, but what you put on your skin elsewhere matters too.

"Frequent hand-washing, use of hand sanitizer and avoiding unnecessary touching of the face, mouth, nose and eyes help prevent the transmission of these viruses," says Dr. Brian Boyle of Dublin Family Care in Columbus, Ohio.

However, it's hard to avoid putting your fingers on your face when you need to apply sunscreen, moisturizer or lip balm. So how to stay healthy or prevent reinfection if you do come down with a bug? Try our advice for keeping viruses under wraps.

Sticky Fingers

When it comes to creamy containers, think cross-contamination. "If you have any concern about germs, you should not be dipping your finger into anything,"

says New York City- and L.A.-based professional makeup artist Tomy Rivero. "I always encourage my clients to use a tiny spatula

(often provided with skincare creams) and make it a habit of scooping things out without using your fingers." If you need to buy one, try a washable silicon Every Drop Beauty Spatula (\$5, everybeautybrand.com). Not only will you keep your fingers from contaminating the container, but the wand will help you scrape out every last bit of that pricev night cream. Worried vou've already spread too many germs? Simply scoop the top layer out of the jar and hope for the best.

Mouth Matters

You wouldn't kiss someone with a cold, so protect vourself the same way when it comes



to your lip products. Rivero suggests "either tossing or shaving off a layer of your lipstick if you are getting over a cold. It can eliminate transfers from when you were sick, helping you get better faster." Colds are usually coupled with chapped lips, so keep applying a petroleum-free balm like Eos Honeysuckle Honeydew (\$4, drugstores), but wipe off the top layer with a tissue before reapplying. Rivero is "always a fan of using a small lip brush," such as Sonia Kashuk Retractable Tools Lip Brush (\$8, target.com), but clean down applicators like this with an alcohol wipe.

Eye Care

Mascara is a safer bet when it comes to germs, unless you're a "pumper"—pumping the wand actually dries out the mascara and invites germs and bacteria. So if you pump, it's time to dump. Also, if your illness is increasing mucus in the corners of your eyes, you may want to move on. Don't feel too bad: If mascara is more than three months old, it's time to replace it anyway.

Eyeliner poses more of a problem, particularly if you apply it along the inside of your lower lash line. But there is a quick fix: "If you use a pencil in the water line, make sure to sharpen to a new point before reapplying after being under the weather," Rivero says (and the same advice applies to lip liner). And don't forget to wash your hands before applying. Most of us use the opposite hand to hold our skin steady as we draw that perfect cat's eye, so keep it clean!

SPA SMARTS

If you're sneezing and coughing like crazy when that long-awaited spa appointment is near, should you keep it or cancel? Laura Anne Pelliccio, salon and spa manager at Gurneys Montauk Resort & Seawater Spa in New York, says it may be best to sit it out. "I find that guests schedule appointments for facials, because they want to sit under the steam, which helps relieve sinuses and nasal pressure," says Pelliccio. "This temporary form of relief is in fact, not a great solution. Spreading bacteria puts other guests at risk of getting sick and can easily give you a relapse." Instead of going to a pro, get some TLC at home. "I recommend using aromatherapy in your bath or shower for skin softening and opening nasal passages," she says. "Get enough sleep and drink lots of fluids too!"

Powder Perfection

Finally some good news: Your powder blushes, bronzers and foundations are less susceptible to contamination, even during flu season. Rivero says, "If you have not used a powder product in a while, just take a tissue and clean off the top layer of the product



and it should be good to go." However, you need to make sure you are cleaning your brushes and applicators at least biweekly. Rivero advises: "Use your hair shampoo (make sure there is no tint) to clean off your brushes and lay them out to dry overnight. This prevents bacteria from growing and allows for a cleaner application with your makeup, pulling the true colors in your cosmetics." Some applicators, like the sponge BeautyBlender Original + Solid Cleanser Kit (\$33, beautyblender.com), come with their own solution. Just remember to remove all the product when cleansing.

Clean Sweep

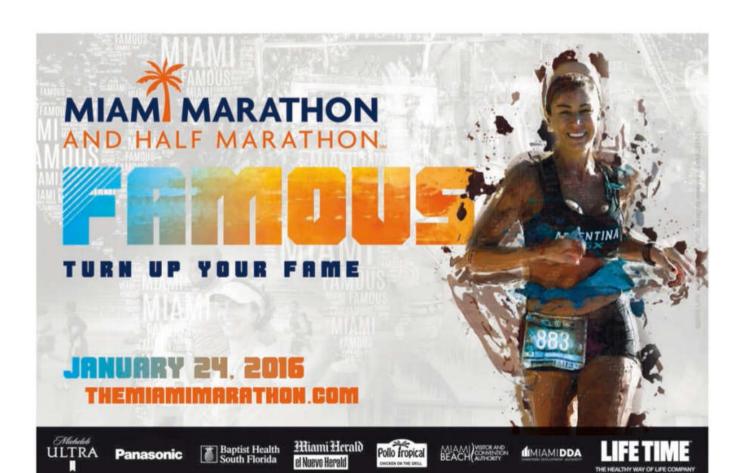
Sometimes simple is best: "I keep a small spray bottle clearly labeled 'alcohol' in my set up. Any time I feel like there might be a chance for cross-contamination. I spray (at a distance) a fine mist of alcohol to kill any superficial germs. You can do this with your brushes, some powders and creams, tip of a lipstick, etc.," says Rivero, who also recommends BeautySoClean (\$13 for 8ml., beautysoclean.com). "They also created specialty wipes and an array of products to sanitize your cosmetics."



In the Closet

While none of these tips will cure the common cold, they can help shorten the suffering by keeping germs from recirculating. Rivero's final advice is this: "Don't leave your brushes and powders inside of the bathroom. The room moistens when you shower, and humidity is bacteria's best friend. This will keep everything cleaner."







his season, shoot for a gift-giving personal best with presents perfect for every sort of speedster. We reached out to runners all across the country to hunt down creative ideas from brands big and small. Whether your December is marked by snowfall or sunshine, you'll find plenty to covet in our curated list!

NORTHFAST ROLLDAY GIFT



STURTZ'S PICK: **▲ New Balance** Heat Pullover Hoodie

"The team I run for is sponsored by New Balance—so I'm lucky they have amazing gear for cool temperatures like this cozy hoodie." \$85, newbalance.com



▲ Gone for a Run Runner Girl Rylee Wristlet

Perfect to transport your toiletries to a tropical island. \$25, goneforarun.com



Dani Sturtz

Age: 33, New York, NY A primary staff developer for the Teachers College Reading & Writing Project, a Pilates instructor and a holistic nutrition counselor. Sturtz started running 15 years ago. Her 12th marathon is Nov. 1 when she tackles NYC for the seventh time!

"When running gets tough, I have several mantras: I can and I will; You're stronger than you think; Dig deep! I start by taking a deep breath then repeat them over and over again to myself!"



With an integrated rain cover and super-light design, this pack is great for run-commuting on dreary days. \$99, thenorthface.com



Light compression keeps muscles in place, while a vibrant graphic looks hot against snow, \$55, adidas.com



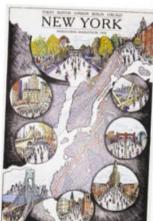
Take it on your long run or squeeze it on waffles. Either way the 100 percent pure Vermont syrup delivers energy and deliciousness. \$34 (for box of 16), untapped.cc

> **■ Stance Sprint Črew Fall**

Stuff these wicking crews into a loved one's stockingor stuff your own feet into the socks, which protect that tender region between running tight and shoe. \$18, stance.com

▶ Uncommon Goods New York Marathon Map

Any runner who loves New York, the marathon or those two things in conjunction will fall for this fanciful print illustrating the course. \$28. uncommongoods.com



▶ Coal The Winters Beanie

From the streets of Hartford, Conn., to the slopes of Loon Mountain, this sweet hat works to warm your noggin. \$24, coalheadwear.com



SOUTHEAST ROLLDAY GIF





A massage therapist, McGhee started running three years ago. In 2013, she joined Black Girls Run and has since completed several 5Ks. 10Ks. half marathons and three marathons. She'll be adding NYC to the 26.2 count on Nov. 1.

"My running life started from fighting depression. I have several mottos to keep me focused: Make your last mile your best mile; You don't have to go fast, you just have to GO; It's okay to think about stopping, but it's not okay to stop!"



► Covington Women's Convertible Chenille Gloves-Space Dyed

"Great gloves that allow you to take your fingers out but leave the palm covered. Simple—but they work even in 20-degree weather." \$14, kmart.com





▼Poo-Pourri Potty Box Gift Set

For that runner pal who's always complaining about the portapotties. \$29, poopourri.com



▲ Nathan Nebula Fire Runner's Headlamp

This rechargeable headlight has a combo of spotlight and floodlight that's specifically designed for running. The 25hour battery life will keep you safe through dark days and darker nights. \$75, nathansports.com



▲ Bare Crunchy Banana Chips

Gift a taste of the tropics to your favorite runner this holiday season. They may become her preferred potassium-delivery device. \$4. baresnacks.com



MCGHEE'S PICK:

\$75. sauconv.com

▲ Saucony Breeze Vest

during the transitional months

when it's not freezing but you still need a long-sleeve shirt."

"This really comes in handy

Run the Edge Run the Year 2016 Virtual Challenge

Challenge your run buds to run/walk 2.016 miles over the course of the year. Pay the entry fee and they'll receive a finisher medal and T-shirt if they can keep on track. \$50, runtheedge.com



▲Athleta Lava Sonar **Capri**

These midweight, compression capris with reflective trim will keep you visible. \$74. athleta.com



Instead of a gift certificate for a one-time massage, this combo of tools will keep on helping any runner's head, shoulders, knees and toes-and just about everywhere else. \$130, tptherapy.com

NORTHWEST ROLLDAY GIF





Sarah Hartnett

Age: 31, Seattle, WA

A digital ad tech product marketer, Sarah started running in 2008 with the encouragement of her then-boyfriend, now husband, and ran her first half that year. In 2012, she completed her first 26.2. Since then, she's finished a total of four full marathons, 14 half marathons and several 5Ks and 10Ks.

"Go fast; take chances. Head up; wings out.' Those are two mottos that I've adopted since joining Oiselle's team years ago. It doesn't matter how fast you run—all that matters is that you've tried to the best of your ability. Every mile counts in your journey.'



HARTNETT'S PICK:

▲ Oiselle *Lux Runfinity Scarf*

"Oiselle clothing goes easily from work to workout. I love this Seattle-based company!" It's easy to see how this makes sense as a blustry-run neck-warmer and a blazer-friendly accessory. \$38, oiselle.com



◄ IKC Design Wine Bottle Stopper Track Trophy

How cute is this inventive way to turn your leftover Cab into a champ? Purchase this well-made gift from IKC Design or go artsy and up-cycle that award collecting dust in your basement. \$24-34, etsy.com



Reminiscent of reindeer bling. this little noise-maker eliminates the element of surprise while in bear country—making the animals much less likely to attack. A magnetic silencer prevents unnecessary iingling on your way to the trail. \$4, coglans.com



∢Run Pretty Far Tote

The true superpower of this small, female-run company outside of Seattle is its knack for whimsical slogans on its T-shirts, trucker hats or, in this case, canvas tote. \$16, runprettyfar.com

▶ Oeno Beauty *Lip Gloss*

Runners who appreciate the scent of a Willamette Valley pinot noir will love putting this on their chapped pouts. The all-natural tints in colors like Meritage and

Champagne include grape-derived antioxidants. \$14 each, oenobeauty.com

► SMS Audio **BioSport**

These headphones don't iust deliver high-quality soundthey measure your heart rate as well. Powered by Intel, the water-resistant buds allow runners to leave the chafing chest strap at home. \$150, smsaudio.com



▲ Picky Bars Bakery Pack

"Amazingly delicious fuel for a long run, pre-workout snack, and a good emergency food item based in the PNW." \$9, pickybars.com

▶ Brooks LSD Jacket

In an area where rain comes down without warning, bring this lightweight jacket (which folds up into its own portable pack) on your run and be ever prepared. \$98, brooksrunning.com



{HOLIDAY GIFT GUIDE}

Mishka Vertin Age: 36, Minneapolis, MN

MIDWEST ROLLDAY GIF

The physical, mental and social perks of running have inspired Vertin's personal and professional life. A manager at Mill City Running, she starts her day at a local homeless shelter running with residents through a nonprofit she helped found called Mile in Mv Shoes. What's better than completing a marathon? Helping someone else complete her first!

"Very few runners will ever win a race, and that is what makes the sport so unique. We run to finish, to improve ourselves, to be a part of a community. My motto is: NOT in it to win it!"

barkTHINS

Gore *Mythos* Lady 2.0 Windstopper Soft Shell **Tights**

Not your neighbor's yoga pants, these tights are armor against the cold. Gusts stav out, while a napped inner layer feels soft against skin, \$150, goreapparel.com



Know a friend whose initials should really be: R.U.N.? Gift her this lovely gold necklace she can wear all year-round. \$34, somethingbluestudio.com



◄ BarkThins *Holiday Tin*

The best way to eat candy canes is clearly in a delicious sheet of pure dark chocolate. This new take folds in pretzels for a completely addictive snack you can feel good about: Antioxidants in the non-GMO cocoa powder minimize cell damage and 25 cents per purchase benefits the Whole Planet Foundation. \$11, Whole Foods



▼ Twigo Silence Blue

Midwest winters have a way of rendering digits completely useless post-run. This little holder, which loops your key to your laces or race belt, keeps it handy when you want to rush back into warmth. \$10, twigotags.com





VERTIN'S PICK ■Lole Ski Down Mitts

"The winter is my favorite time of year to run outside, even living where it's regularly below zero. When I wear these mittens, I sometimes have to take them off for a few miles because my hands are so warm. In Minnesota. In January. 'Nuff said." \$70. lolewomen.com



▲ Patagonia Storm Racer Jacket

Few shells can stand up to freezing rain—but this one does it in style. The venting system and double-layered fabric allow sweat to escape, and the deployable hood ensures you're always ready for a storm. \$279, patagonia.com



▲ Icebreaker

Flexi Chute Matrix

Merino wool is possibly the

best material around when

regulation. This knit warms

your neck now and can be

come summertime, \$30.

icebreaker.com

folded into a cute headband

it comes to temperature

SOUTHWEST ROLLDAY GIF





Ashley Gibson

Age: 29, Carmel Valley, CA When she isn't marketing the Rock 'n' Roll Marathon Series, you may see her toeing the line at just about any distance race. She has her sights set on her first ultra next year.

"I'm originally from Dallas/Fort Worth, and Texas winters are among the list of things I don't miss now that I live in SoCal. Mu mental motivation? Just imagine there are cupcakes at the finish

▲ Uncommon Goods Terracotta Shoe Planter

Whether you're inspired by your love of running shoes or the peculiar frequency with which you see a pair of kicks hanging from power lines, this planter cultivates whimsy as a new home for blooming succulents. \$60, uncommongoods.com

► Sparkly Soul Headbands

The new colorful patterns called Stardust and Dreamcatcher are our picks for best stocking stuffers of the season. \$15-17, sparklysoul.com



42XU

Movement **Pullover** This soft pullover will work either on a run when it's cold out or before and

after your workout

when there's a

air. \$80. 2xu.com

slight chill in the

▶ GoRoll KarmaRu

This foam roller doubles as a portable locker. so you can use it to secure your phone and keys at the gym or park. Plus, you'll be able to attend to those sore muscles anywhere you go. \$89, goroll.com



GIBSON'S PICK: **▲** Babyganics Mineral-Based Sunscreen Spray,

50+SPF

"I'm a huge advocate for skin protection, particularly after losing a loved one to skin cancer at the young age of 29-and being aware that I live in what seems to be a perpetually sunny city." \$14, babyganics.com



√ Juicepresso **Platinum**

This juicer is so guiet, small and easy to use (and clean!), it's perfect for the runner who likes a fresh squeeze of apples, spinach and beets pre-run. \$550, iuicepresso.com



▶ Skratch Labs Fruit **Drops**

"I've struggled to find a runworthy snack that doesn't upset my stomach. These fruit drops are mildly sweet and perfectly salty." \$2.45. skratchlabs.com



Not only will you protect your own peepers with these tortoise-shell sunglasses with bamboo temples, but you'll help fund eye care for someone

in need. \$95, soloeyewear.com W





COURAGEOUS

Annette, mom of twin 3-year-olds, loyal friend, wife, sports enthusiast, breast cancer survivor—diagnosed at 35—and passionate supporter of Edith Sanford.

Breast cancer will never define her, it only drives her determination to help end this disease for future generations.

In honor of all the strong, courageous women in your life, give the gift of research this holiday season.

Every dollar to the Edith Sanford Breast Foundation supports cutting-edge genomics research to help find the cures. Faster.

edithsanford.org

100% to research. 100% to the cure.



SUSPEND BELIEF

If you've never tried suspension training, you won't believe how fit you can get with just a few yards of strapping.

BY RACHEL COSGROVE / PHOTOGRAPHY BY JAMES FARRELL

odyweight training is a great way to strengthen your running muscles in the comfort of your living room. No equipment, no problem! Well, except there is one problem. You can't perform many pulling exercises (like rows or flys), which are so important for your posture and keeping your body balanced and injury-free.

The easy fix? Suspension training. A system of straps (like the one TRX makes) that anchors to a sturdy object changes the game when it comes to bodyweight training. You can perform a wide variety of movements without a room full of machines. Suspension training is a great way to increase your strength and really put a demand on your muscles without touching a single dumbbell.

And it's so versatile—vou can use it in combination with other equipment, or when traveling (just pack it in your suitcase!), or even for a sweat session in the park. The following workout will hit every basic movement—squatting, pushing, lunging, rotating, rowing, single-leg balancing—and you'll work your core as you stabilize your body.





GETTING STARTED

"Plank position" is used with most suspension training exercises. Regardless of where your hands and feet are, this refers to a position your body is in when your core is engaged and your head, Complete the following

shoulders, hips and feet are in one straight line.

exercises one after the other for 10-15 reps each. Once finished, rest and repeat.

Body Saw

This is one of the hardest core exercises. Put your feet in the loops and position yourself face down on your elbows in a plank. Your core should be engaged. Push your body back to open the angle under your arm until your arms are reaching as far as you can go while maintaining a stable core. Hold for two seconds then, slowly with control, return to the starting plank position. Do 10-15 reps.



Power Pull

Put the suspension trainer into single-arm mode. Stand facing the anchor and hang from the suspension trainer, and while holding on with one hand, rotate your body to the side. Pull yourself up to a row while rotating your body toward the suspension trainer, maintaining a plank the entire time. Do 10-15 reps.



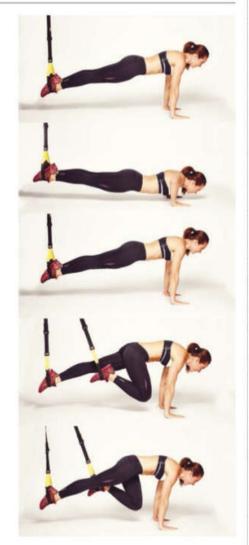
Prone Pike

In a pushup position with your feet in the loops, lift your hips up as high as you can, bringing your feet closer to your hands while maintaining control. Return carefully to the pushup position. Do 10-15 reps.



Pushup With Alternating Knee Drive

Make the suspension trainer as long as it can go and face away from the anchor point with your feet in the loops, ready to perform a pushup. Keeping your body in one straight line with your core stable, lower into a pushup. Return to the start, and while maintaining your solid core, drive one knee up and then the other knee up. Repeat. Do 10-15 reps.



Single-Leg Squat

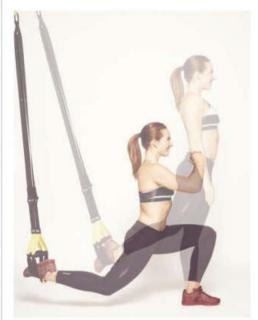
Hold the handles with both hands while balancing on one leg. Use the suspension trainer for support as you lower yourself into a single-leg squat. Keep your knee tracking over your toes and your posture upright and go as low as you can while keeping your foot planted on the ground. Return to the start and repeat. Do 10-15 reps.



Rear-Foot Elevated Split Squat

Facing about three steps away from the suspension trainer, place one foot behind you into the loop. After getting your balance on one leg, slowly lower yourself, under control, into a split squat keeping your upper body upright. Drive through the front leg and return to the start position.

Do 10-15 reps.







Hip Extension

This one will work your butt and hamstrings. Lie on your back with your heels hooked in and legs straight. Lift your hips off the ground to engage your butt and hamstrings. Hold for 2 seconds, then lower to the ground. For an extra challenge: Add a leg curl in by bending your legs once your hips are extended and maintaining that hip extension until you straighten your legs back out. Do 10-15 reps.



Hang in There

If you need a little extra know-how to figure out this strappy system, here's how to avoid error at every turn.

STARTING: Make the proper adjustments for each move based on where you end the move and then begin.

STOPPING: If you're not at the right angle or something is too difficult, instead of halting mid-move, adjust the angle of your body to make it a little easier.

SAWING: Instead of treating the system like a pully, exert even pressure so the handles don't "saw" back and forth.

SCRAPING: If the straps are rubbing against your arms, raise your hands slightly to stop the scraping.

SLACKING: Keep tension on the straps during moves.

SAGGING: As you tire out, think about engaging your core to stay in the proper plank position.

Y-Flv

Face the anchor point with your hands on the handles and lean back to form a 90-degree angle from your arms to your torso. With your body in a straight line, pull with both arms to create a standing Y. Return to the start and repeat. Do 10-15 reps.



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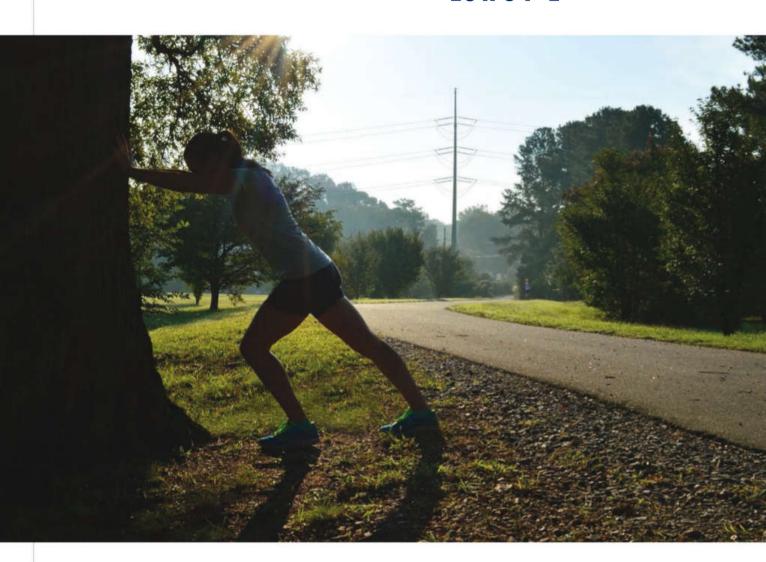




SOLDIERIN G

THROUGH

EUROPE



This 23-year-old followed in the footsteps of World War II soldiers—on a two-month, 850-mile run from coastal France to a mountaintop in Germany.

BY NICKI MILLER

{SOLDIERING THROUGH EUROPE}

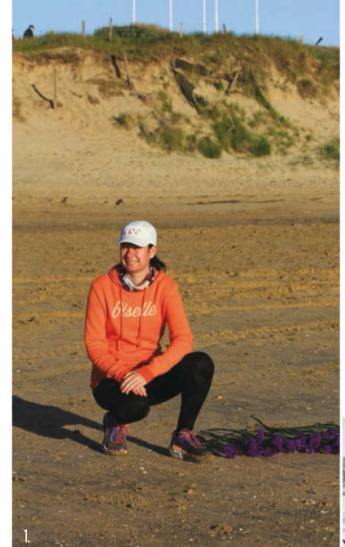
hen Kathryn Lindauist raced the Currahee Challenge in 2013, she tackled the 6-mile course and came in second. The 23-year-old from Cary, N.C., was aware beforehand that the race took place on World War Il training grounds featured in the book Band of Brothersbut she didn't realize how strongly the experience would impact her.

A self-described "history buff," the race sparked a mission for Lindquist. She knew she wanted to do something to honor WWII veterans while helping to preserve Camp Toccoa at Currahee. So she went from following soldiers' footsteps on U.S. soil to retracing their battle steps in Europe.

After less than a year of planning, Lindquist took a hiatus from her job at running stores in the Raleigh area to cover 850 miles from the beaches of Normandy all the way to Germany. She called her journey and fundraiser "Run for Currahee" as she went public on her website (runforcurrahee.com).

In preparation, Lindquist worked up to running 80-mile weeks. She also started researching the European route. Due to the combination of roads and different trails, she says, "I had a whole arsenal of shoes." She ran mostly in Hokas (Bondi and Stinson Lite), but she also rotated in the Brooks Launch 2, Salomon S-Lab and Saucony Kinvara.

It took 58 days to run to Kehlstein mountain in Berchtesgaden, Germany, via the same route as Allied troops, including the 101st Airborne Division and men from Camp Toccoa. Seventy years after they seized the mountain in April 1945, Lindquist is the first person known to retrace the entire route on foot.





1. The Start Line

On the morning of June 6. 2015, just hours before the start of her Run for Currahee. Lindquist woke at 5 a.m. and attended the 71st anniversary of D-Day memorial service on Omaha Beach in Normandy, France. She began her journey at 2:30 p.m. under the church spire in Sainte-Mère-Église.

2. Her Torch

Lindquist carried an American flag that had previously flown at the camp. She describes it as the "passing of the torch and of the legacy of the men who trained at Camp Toccoa." Her three longest days (about 23 miles each) were around the Battle of the Bulge region. "I was definitely struggling in the same place as they were."



3. Camaraderie

Along the way, she ran with members of a local track club. For the first half of the journey, Lindquist and her crew of two (including an Australian sports scientist who advised her on everything from nutrition to mental challenges) camped like soldiers would have. The second month, they couch surfed to get more of a cultural perspective. "Germans were very welcoming. I kind of ended up calling it running diplomacy."





"I was a little girl who preferred playing Army in her backyard over having tea time with dolls. Soldiers were my heroes from the time I can remember." -Kathryn Lindquist

4. & 5. Midway Through At the halfway point in

Bastogne, Belgium, Hans Van Kessel, owner of the 101st Airborne museum Le Mess, welcomed her with flowers. Later she sampled the town's famous Airborne Beer at Le Nuts tavern, where it comes in a ceramic helmet to pay homage to a soldier who carried beer in his helmet to a wounded friend during the Battle of the Bulge.

Б. & 7. A Triumphant Finish

On Aug. 8, after two months of running 850 miles through four countries—France, Belgium, Luxembourg and Germany-Lindquist arrived in Berchtesgaden, Germany. In her run to the peak of Kehlstein mountain, Lindquist covered just over 4 miles, gaining more than 3,300 feet in the process. She unfurled the American flag presented to her at Camp Toccoa for the last hundred meters. "I felt like I would die at the end," she says. "I can do things that I've never imagined I would."

8. Shared Celebration

Lindquist celebrated the finish of Run for Currahee, remembering the WWII soldiers and the lasting friendships forged during the 850-mile journey. She stayed for a week's vacation and recovery, but couldn't stop running daily. "My real passion is in trail running." W







JOUR SOALS JOUR SOALS

Get after your goals

this year with the journal created

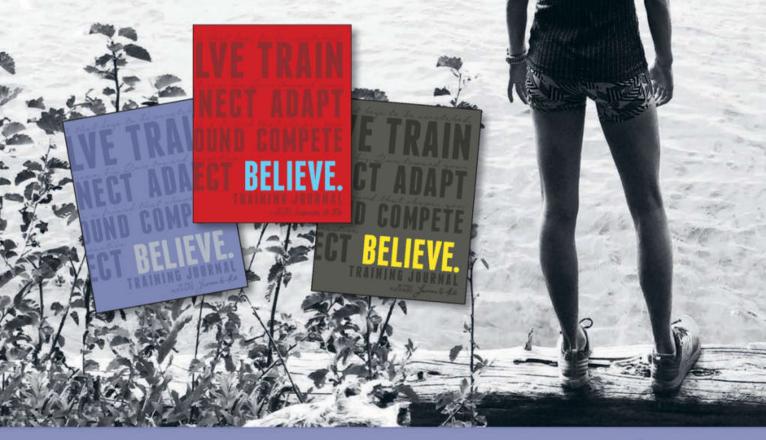
by pro runners Lauren Fleshman and Roisin McGettigan-Dumas.
Their *Believe Training Journal* is packed with real-world advice
and fresh ideas to help you push harder and find your best running.
Put pen to paper and you'll be amazed where your *Believe Training*

Journal can take you.

Now in three colors, the new Lavender and Charcoal editions feature an updated design, new photographs, Lauren's killa core routine, and Ro's fave post-run yoga poses.

Consistency. Intention.

Reach your goals with your Believe Training Journal.





SWEATING IN SIN CITY

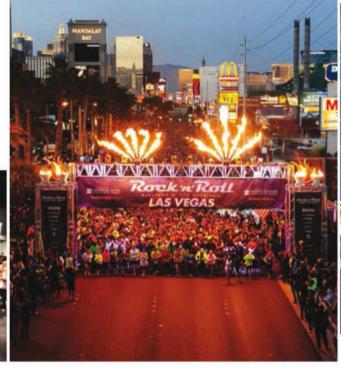
What does it take to put on the only race in the world that passes both the Statue of Liberty and Eiffel Tower? We went behind the scenes of the Rock 'n' Roll Las Vegas Marathon weekend to find out.

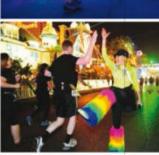
BY CAITLYN PILKINGTON











SIGN ME UP!

Registration is still available at the expo (Nov. 12-14) for this year's half and full marathons, both happening on Sunday, Nov. 15. Online registration for 2016 will open on Nov. 16 for the 5K. 10K. half and full marathon. Want to "remix" your experience in Sin City? Sign up to run the 5K on Saturday night and one of the other three races on Sunday night (and check out our "Double Duty" training plan on page 75). Learn more about special discounts and registration at runrocknroll.com.

EXPO EXPERIENCE

"The expo is the first time Rock 'n' Roll gets to interact with the participant, so we always want to start with a bang," explains Kevin LaRue, the Vegas event manager. Formerly a two-day event, this year, the expo will extend over three.

LaRue's expo team maps out and places approximately 180 booths over more than 200,000 square feet of space in the enormous convention center. While race weekend may commence as early as Thursday for some runners, on-site preparation for vendors, staff, contractors and convention center employees starts days earlier. Between building the massive Rock 'n' Roll expo booth, coordinating tents for vendors and sponsors, setting up the black curtain that guides runners through the experience and, of course, situating thousands of bibs in alphabetical order, dozens of hands are hard at work before a single out-of-towner steps foot on Sin City soil.



Fun fact: Did you think the bibs come neatly organized in their respective bins under the appropriate signage as you walk in? Nope! The process of sorting bibs into their file folders is an all-hands-on-deck affair. Once the expo is 99 percent set up, upwards of 20 staff members file away every single square number that will pin to a runner's shirt.

START LINE **SPARKNOTES**

Shutting down Vegas streets year after year is only possible thanks to the fact that the event is held on a Sunday in November. "It's not the city's busiest time of year." explains LaRue of event weekend. Still, it's a tantalizing experience for racers, with neon lights guiding trotting legs through miles of music.

A finish-line concert with a big-name music artist is an important piece of other Rock 'n' Roll events—but in Vegas, it works a bit differently. "With the race being run at night, there's already tons to do after dark," says LaRue. To not get in the way of drinks and casino fun after the finish, the concert kicks off beforehand. This year's headliner, Kid Rock, will amp up the crowd on a 70-foot stage near the start line and the portapotties. This gives runners an opportunity to feel the spirit of the city before they even start running—and no one misses the music!



Fun fact: When Snoop Dogg canceled as headliner in 2014. Macklemore stepped in to entertain. He hit the stage just hours following a huge loss for the Seattle Seahawks. Since he's a die-hard Seattle fan, curious staff feared negative effects on the singer's performance. However, the "Thrift Shop" extraordinaire is a professional and put his feelings aside for a few hours of jamming!

STRIP AT **NIGHT**

"Every year that I'm there. I'm still blown away that they let us [close The Strip]," LaRue says with a laugh. "We have monthly meetings with over 20 different groups and city agencies that come together to plan every inch of the impact of event weekend." From fire, to police, to traffic, to barricades, to security, to medical, it's a massive community effort that descends on Vegas over event weekend—and prior with phone calls, in-person meetings and thousands of emails. "It's truly amazing to see how everyone comes together to make this happen."

In terms of impact on local businesses near or on the racecourse, LaRue says the hotels are most notably affected, and his team is in constant year-round communication. "We have full-time staff talking to everyone, from hotel properties all the way down to the residents in the area."

When else do vou really get to jaunt down The Strip, at night, in the middle of

CLOCKWISE FROM TOP LEFT: LEO KENNEY(3); RYAN BETHKE(3)







PERKS

The event-week wristband offers a festival-like VIP feel to all runners by unlocking special offers all around The Strip.

The finish-line area is nearly half-a-mile long. This allows race organizers to accommodate peak finishing times for the bulk of runners thousands cross in as little as 10 minutes of each other. Save some legs for your victory lap!

The nightclub feel as you transcend those final few steps comes from lasers and lights. Throw your arms into the air and cruise through the finish to the tune of a fresh PR!

the street? "We are the only private event that shuts down any part of The Strip. The only other event is New Year's Eve. which is a city event," explains LaRue. And in case you're curious how local cabbies seem to know how to navigate road closures, the race's community relations team provides alternate routes to the transportation companies.



Fun fact: Same-sex marriage was legalized in Nevada iust months before the 2014 event, so this will be the second year that the popular mile-3 Run-Thru Wedding can and will host gay and lesbian couples ready to tie the knot during the race. It's expected that close to 150 total duos will renew their vows or say, "I do!" for the first time on the course.

FINISH-LINE FINALE

"Obviously it's a little tougher with setup and breakdown at night versus daytime," LaRue says. His staff are used to playing host to thousands of endurance junkies in the wee hours of the morning vear-round. However, law enforcement in Las Vegas makes the transition from morning to evening much easier, "The city and police are so used to doing stuff at all hours of the day that they're good at their job 24/7."

When the running is over for participants, collapsing booths, sweeping up crumbled plastic cups and coordinating the donation of leftover food and drink are just beginning for the race crew. But the after-dark vibes by the finish line are unbeatable, and the energy from boozy onlookers pouring out of surrounding casinos just adds to the unique allure of hosting this event at night.

The finish line area runs through the most hopping section of the famed street-at the intersection

of Las Vegas Boulevard and Flamingo Road, "We have the area closed [to traffic] for 14 hours, which is pretty ludicrous," says LaRue. The reason for the highly concentrated area? It offers easier access to many of the main hotels that host runners—plus a simpler way for curious Vegas visitors to scoot away from the slots and hit the streets screaming slurred words of encouragement!



Fun fact: This writer has been a part of the Rock 'n' Roll Vegas crew in past years (WR is owned by the same company), and one of her fondest memories is the salivating effects of a post-breakdown milkshake, burger and curly fries at 2:30 a.m. at BLT Burger in The Mirage after the final piece of trash was cleared off the boulevard. Cheers!

WHERE TO SNOOZE

Paris Las Vegas Hotel and Casino

WHY? It's only 0.2 miles from the finish line and offers a handful of discounts to runners.

Mirage Hotel and Casino

WHY? Because after seeing the volcano erupt during your final strides to the finish, you'll be too captivated not to call this place home for the night. Also, discounted massages for runners = winning.

SLS Hotel and Casino Las Vegas

WHY? Because it's swanky but still offers reasonable pricing over event weekend.



Win A Trip To Arizona

HURRY, CONTEST ENDS DECEMBER 1!



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ROCK.

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SWEEPSTAKES INCLUDES: ROUND-TRIP FLIGHT TO ARIZONA JANUARY IS-17, ROCK Nº ROLL ARIZONA MARATHON OR Nº MARATHON COMPLIMENTARY ENTRY, HOTEL STAY FOR TWO NIGHTS, BROOKS RUNNING OUTFIT AND TRAINING PLAN. FOR FULL SWEEPSTAKES DETAILS AND ELIGIBILITY VISIT: RUNROCKNROLL.COM/ARIZONA/WIN-A-TRIP.



LET'S LUNCH

The new cookbook Feed Zone Table: Family-Style Meals to Nourish Life and Sport includes areat ideas for athletes who love to share their eats. These four options are perfect for midday meals. Just choose what you're in the mood for and start cooking.



If you want a nice big salad...

Chopped Chicken Salad With Pickled Onions

This is a great last-minute salad to make use of leftover chicken. You can change it up throughout the year to include the most colorful vegetables you can find. The star of the dish is the flash-pickled onions and radishes. The combination of the vinegar, sugar and salt balances out the strong flavors beautifully. Serves 4–6

2 cups roasted chicken, shredded or chopped Salt and freshly ground black pepper to taste 1 cup canned garbanzo beans, drained and rinsed

Splash of olive oil

½ head of purple cabbage, thinly sliced

1/4 cup chopped dates, figs or your favorite dried fruit

2 Tbsp. fresh cilantro or parsley, coarsely chopped

Picked Onions (recipe follows) Juice from 1 lemon Drizzle of maple syrup Sprinkle of coarse salt

Sprinkle roasted chicken with some salt and pepper, then set aside. In a small pan, sauté garbanzo beans in a splash of olive oil at medium heat until slightly crisp. In a large bowl, mix together chicken, cabbage, garbanzo beans, dates and herbs. Add pickled onions and toss to combine. Transfer to a large platter and finish with fresh-squeezed lemon juice, a hint of maple syrup and salt.

Pickled Onions

½ cup sliced red onion

4 radishes, sliced thin

¼ cup red wine vinegar

½ tsp. coarse sugar

½ tsp. coarse salt

¼ tsp. pepper

Combine red onion and radishes with red wine vinegar, coarse sugar and salt, and pepper. Toss together and let sit for 5 minutes.

If you want a hearty sandwich...

Salmon Steak Sandwiches With Mustard Dressing

1 pound salmon steaks (4 pieces)

Olive oil

Salt and pepper

4 ciabatta rolls or 1 large baguette

2 cups bitter greens such as arugula

½ English cucumber, cut in half lengthwise and thinly sliced

¼ cup red onion, thinly sliced

Juice from ½ lemon

½ tsp. coarse salt

Mustard Dressing (recipe follows)

Brush salmon steaks with olive oil and **season** generously with salt and pepper. **Place** steaks skin-side down in a heavy sauté pan over mediumhigh heat. **Cook** for about 5 minutes, then gently **flip** and cook for another 4–5 minutes. The salmon should have a golden brown color on

the outside and be cooked to medium.

While the salmon is cooking, **slice** ciabatta rolls or baguette and **warm** under the broiler. **Combine** arugula, cucumbers and onion in a bowl. **Dress** with the lemon juice and salt. Generously **spread** the dressing on the bread and **assemble** the sandwiches with the salmon steaks and arugula salad. **Serve** immediately.

Mustard Dressing

½ cup thick Greek yogurt

2 Tbsp. coarse ground mustard

1 tsp. olive oil

1 Tbsp. capers

Juice from ½ lemon

1 tsp. red pepper flakes

Salt and pepper

In a small bowl, **whisk** first six ingredients together until smooth, then **add** salt and pepper to taste.







If you want soup and salad...

Cauliflower Corn Chowder With Red Pepper Oil

This is a light soup that pairs well with a hearty chopped salad or roasted chicken. Be sure to use all of the tender parts of the cauliflower, stalk included. Serves 6

4 cups chicken stock

1 large head of cauliflower (about 1 pound), coarsely chopped

1 large red bell pepper

2 ears (2 cups) uncooked corn, kernels cut off (divided)

¼ cup olive oil

½ tsp. salt

1 cup yogurt (divided)

Salt and pepper

2 Tbsp. farmer or feta cheese, crumbled (optional)

Fresh parsley or basil (optional)

In a large pot over medium-high heat, bring chicken stock to a rolling boil and **poach** cauliflower for about 10 minutes, or until fork tender.

While the cauliflower is cooking, place a dry sauté pan over high heat to **roast** the red pepper until the skin begins to blister. Keep turning the pepper to cook it evenly. Put the pepper in a plastic bag to cool slightly; this will make it easier to remove the skin. Add corn kernels to the hot pan and **cook** until slightly charred. **Set** aside. In a blender or small food processor, **combine** the roasted red pepper (skin removed) with the olive oil and salt and **pulse** until smooth.

Use a blender or small food processor to purée cooked cauliflower and stock into a thick soup, then **fold** in half the corn and half the yogurt. Pour into bowls and top each with a drizzle of yogurt, corn and a spoonful of red pepper oil. Garnish with fresh crumbled cheese and/or fresh chopped herbs. **Finish** with cracked black pepper.







If you just want something light...

Torn Radicchio Bread Salad

Serves 4

1/2 loaf of rustic bread

3 Tbsp. olive oil (divided)

Salt and pepper

1 pound broccoli florets

½ cup water

½ cup pine nuts or walnuts

1 head radicchio, cut into bite-sized chunks

2 Tbsp. balsamic vinegar

Juice from 1 lemon

2 Tbsp. grated Parmesan

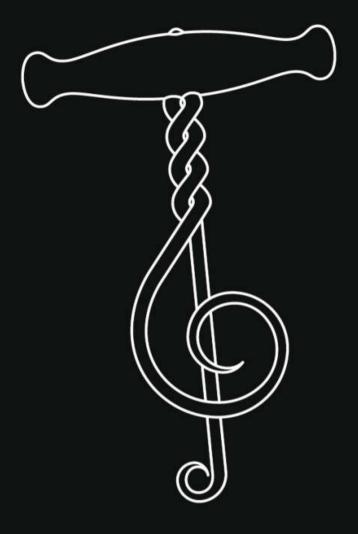
Heat oven to 350 degrees. Coarsely chop or **tear** bread into large chunks and **place** on a baking sheet. **Brush** with 1 Tbsp. olive oil and season with salt and pepper. Place the baking sheet in oven for 10–15 minutes or until toasted firm.

While the bread is toasting, **steam** broccoli florets in water in a shallow pan over high heat with the lid on. Once the water has evaporated from the pan, **remove** lid and add 1 Tbsp. olive oil and nuts. Cook long enough to crisp up the florets and toast the nuts. **Remove** from heat.

Just before serving, **combine** toasted bread and radicchio with warm broccoli and nuts. In a small bowl or measuring cup, whisk together the remaining 1 Tbsp. olive oil, balsamic vinegar and lemon juice. Pour the dressing over the salad and **toss** to coat. **Top** with grated Parmesan and **add** any further salt and pepper to taste.



Republished from Feed Zone Table by Biju Thomas and Allen Lim with permission of VeloPress. See more recipes at feedzonecookbook.com.



WHERE MUSIC AND WINE COLLIDE

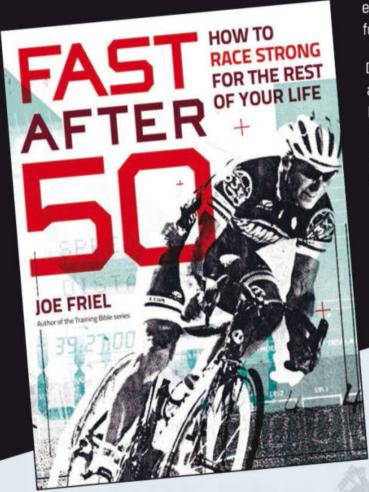
City Winery delivers a combined culinary and cultural experience to those who are passionate about wine, music, and food. Each location hosts a fully functioning winery, intimate concerts, food and wine classes, private events, and dining. With each taste of fresh, house-made wine, City Winery brings wine country to you.



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Joe Friel's new book **FAST AFTER 50** is for every endurance athlete who wants to stay fast for years to come.

Drawing from his decades of coaching experience and new research on aging and sports performance, Friel offers a groundbreaking approach to staying competitive. With **FAST AFTER 50**, you can train to ward off the effects of age, extend your racing career, and race to win.

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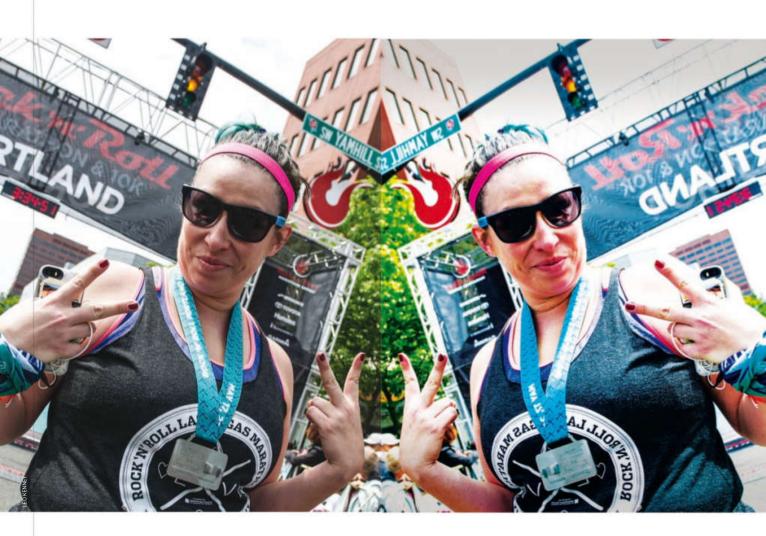
Available in bookstores, bike shops, and online. Preview VeloPress books at velopress.com.



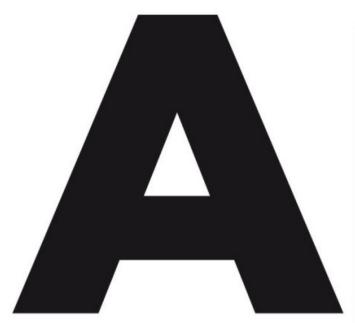
DOUBLE DUTY

TWO RACES? ONE WEEKEND? NO PROBLEM! LEARN HOW TO TACKLE A TWO-DAY CHALLENGE WITH OUR TRAINING GUIDELINES AND PRO TIPS FROM THE FINISH LINES.

RY MATT FIT7GFRALD



{DOUBLE DUTY}



At the 2005 World Cross Country Championships, Ethiopian runner Tirunesh Dibaba won the 4K and came back for a second victory the very next day in the 8K. In doing so, she proved it's possible not only to finish two races in a single weekend—but to perform spectacularly well in both of them.

Ten years later, it's not just elite runners who are doing back-to-back races; these sorts of challenge events are taking the national running scene by storm. A popular example is the Remix Challenge, which affords participants in select Rock 'n' Roll Marathon Series events the opportunity to complete races of different distances on Saturday and Sunday.

Racing two distances in one weekend is a fun, new way to test your limits and prolong the fun. Making the most out of the back-to-back race experience requires a special approach. If you want to get your challenge on, the three keys to success are goal setting, preparation and recovery between events.

#1 Goal Setting

When it comes to weekend challenges, there are three basic goals to choose from: participation, performance or a mix. The participation path entails running simply to cross the finish lines and having a blast doing it. Alternatively, you can aim to achieve the best possible combined performances. Or you can set different goals for each race, running one as a shakeout and the other for a fast time.

Only experienced runners should race for performance. And even if you fall into that category, be sure to race cautiously. The risk of getting injured is never greater than when you run hard two days in a row.

RACE DISTANCE	PEAK WORKOUT
5K	HIGH-INTENSITY INTERVAL RUN 1-mile warm-up 5 x 1K at 5K race pace with 2-minute jog after each interval 1-mile cool-down
10K	TEMPO RUN 1-mile warm-up 4 miles at 10K race pace + 10 seconds per mile 1-mile cool-down
HALF MARATHON	FAST-FINISH RUN 8 miles at a comfortable pace 2 miles at 10K race pace + 10 seconds per mile
MARATHON	<u>LONG RUN</u> 16-mile run at comfortable pace

#2 Preparation

One of the most important rules of training is the principle of specificity: You should train in a way that prepares your body for the specific demands of your race (or races!).

However, another triedand-true training guideline is the hard-easy rule: Runners should follow each hard day of training with at least one easy day to get the most out of workouts while avoiding injury.

But in order to prepare your body for the challenge of completing back-to-back events, you need to selectively break the hard-easy rule as you'll be racing (hard) two days in a row.

Select two workouts from this table that correspond to the distances of your backto-back races and do them in the appropriate order. For example, if you plan to run a 5K on Saturday followed by a half marathon on Sunday, do the high-intensity interval run followed by the fast-finish run the next day. This is what your toughest training week will look like. This workout combo should come about three weeks before race weekend. In the weeks prior, build up to these workouts with backto-back days that are similar but a bit less taxing (e.g., a 12-mile run for the marathon instead of 16 or a 2.5-mile tempo run for the 10K instead of a 4-mile workout).

#3 Recovery Between Events

The more effectively your body recovers from a Saturday race, the better you will feel on Sunday. There are three proven ways to accelerate the recovery process: nutrition; massage and compression; and rest and sleep. Take advantage of all of them!

Nutrition

Your top priorities after your first race should be repairing muscle damage, replenishing fuel stores and rehydrating. Good nutrition will check all these boxes. Aim to consume at least 50 grams of carbohydrates, 10 grams of protein and 16 ounces of fluid within 90 minutes of completing the race. Eat mostly high-carb, easy-to-digest foods, such as pasta, during the remainder of the day.

Nutrition taken in before your first race may also help you recover better. Tart cherry juice is a great choice. In a 2010 study, runners consumed either cherry juice or a placebo for five days before running a marathon, then again on race day and for two days afterward as well. The cherry juice runners had less muscle damage, lower levels of inflammation and recovered their muscle strength significantly more quickly.

Massage and Compression

A gentle massage (a foam roller works) will accelerate recovery through increased blood flow and nerve stimulation. Wearing compression socks after the race and to bed that night will complement this measure. Studies show that massage and compression work best in tandem, so make sure to double up!

Rest and Sleep

If you've traveled to an exciting destination for a weekend double, and you want to get out and see the sights and enjoy some (light!) nightlife between races, go right ahead—as long as your goal for the second event is just to have fun. But if you're aiming for maximum performance, stay off your feet and get a good night's rest.

Sleep is perhaps the most important facilitator of recovery. A 2009 study at Bangor University found that one night of sleep deprivation reduced running performance by 3.1 percent. That equates to 2 to 4 minutes in a half marathon! Use every trick at your disposal to ensure you sleep well. These include switching off all devices with screens one hour before bedtime, using a white-noise app on your phone and perhaps taking a gentle over-the-counter sleep aid like melatonin.

Twice the Fun

What makes runners crazy for doubles?



TINA GARSTAD

47, Calgary, Canada EVENT: Rock 'n' Roll Arizona (5K + Half)

HIGHLIGHT: "It was my first large race in America and my first trip to Arizona. The weather was amazing. (I may have taken a few cacti selfies!)"

PRO TIP: "I started back-to-back training by incorporating two longer runs on weekends. I even ran 13.1 miles both days to get used to pushing those tired muscles."



KRISTEN VAN HORN

30, St. Peters, MO

EVENT: Rock 'n' Roll Chicago
(5K + Half)

HIGHLIGHT: "Getting the chance to run 'with' and meet Meb Keflezighi. (I beat him in the 5K!)" PRO TIP: "I trained to race the 5K and ran the half marathon not worrying about my time. It made training and the weekend a much better experience."



AMY ALBERS

44, Marietta, GA

EVENT: Rock 'n' Roll Savannah

(Half + 5K)

HIGHLIGHT: "A completely unplanned PR for the half marathon!"

PRO TIP: "Running a 5K the day after a full or half marathon is a great way to boost recovery! It helped me stretch out my legs and work out the soreness before I got in the car and drove several hours home."





Rock 'n' Roll Savannah NOV. 7: Marathon, Half Marathon NOV. 8: 5K



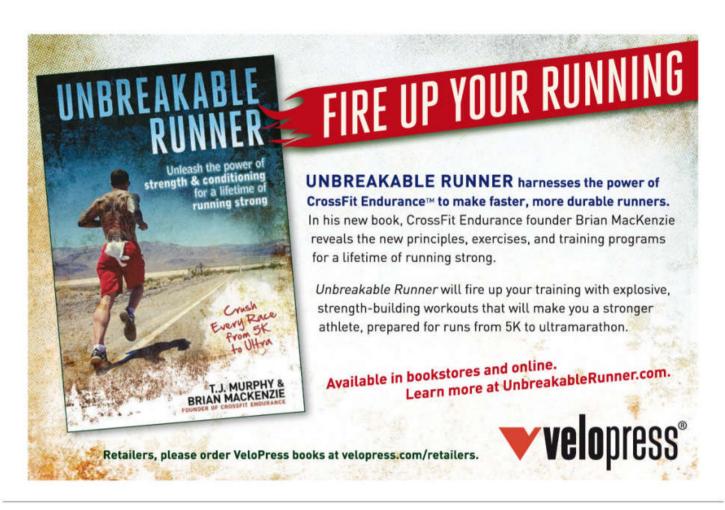
Rock 'n' Roll Las Vegas NOV. 14: 5 K NOV. 15: Marathon, Half Marathon and 10 K

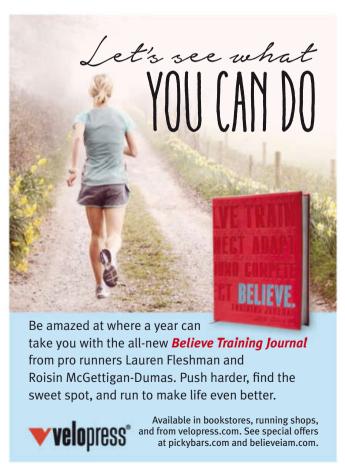


Rock 'n' Roll San Antonio
DEC. 5: 10K
DEC. 6: Marathon, Half Marathon, 5K



Rock 'n' Roll Arizona JAN. 16: 5K JAN. 17: Marathon, Half Marathon and 10K







PAIRING PAIRING

STEP UP YOUR SHOE GAME WITH OUR WINTER SOLE MATE AWARDS.



e'll state the obvious: Running shoes are a significant purchase. And depending upon the fit, they can make or ruin a run, not to mention your racing mojo. They also function as more than running shoes. At work, running through the airport, in the grocery store—a good pair can take mythical status and nearly become an extension of you. Sadly, shoes only last for 350 to 500 or so miles, making for a short but sweet partnership.

Luckily, there's a whole new crop of fresh runners this season. We recruited the Maroon Belles Trails Club, based out of Carbondale. Colo., to put the latest models to the test. From experienced ultrarunners to threedays-a-week beginners, runners of all backgrounds beat up the latest styles on paved roads, technical trails, vacation jaunts and races. In total, our testers vetted more than three-dozen styles to make it easy for you to find your new Sole Mate.

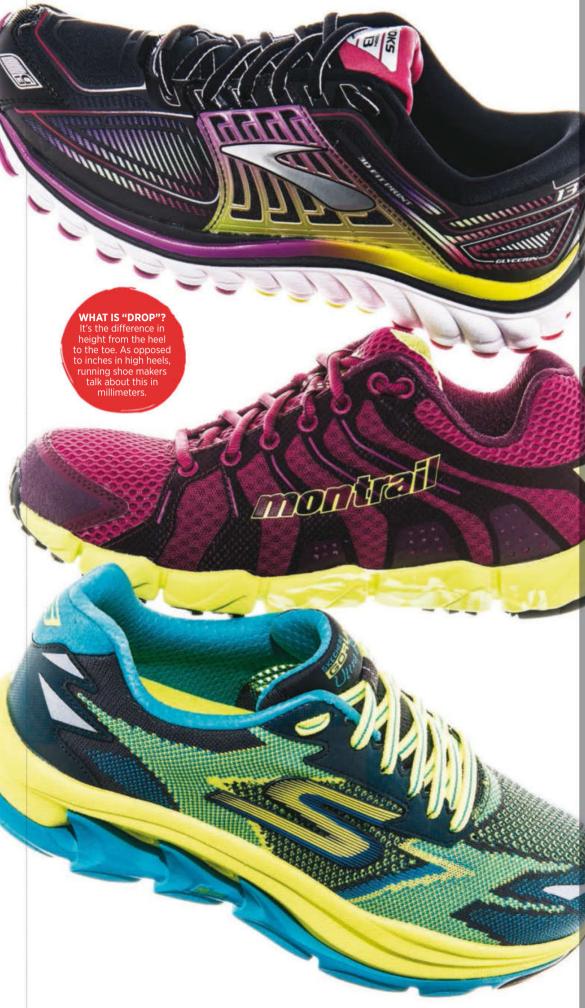


Reebok One Guide 3.0

Three meshes join seam-lessly in the upper and three foam densities fuse in the midsole to create a pleasantly maneuverable keeps feet fresh, even for long, slow distance runs. Testers were willing to overlook the energyning comfort: "Awesome, awesome, awesome! I really enjoy wearing this shoe not just for longer town." 9mm drop, \$125, reebok.com

Pearl Izumi E:Motion Road N3

A smooth footstrike and fun ride are the notable most cushioned neutral shoe. The midsole foam has a responsive balance of protection and zippi-ness, leaving testers happy and short runs. Internal and external overlays add structure to the seamless mesh upper for a secure but not-too-snug fit. "I could wear these all day," said one tester who did just that when she went straight from wearing them for an eight-hour shift in a steamy kitchen to a 5K run on a sandy road. 7.5mm drop, \$130, pearlizumi.com



Brooks *Glycerin 13*

No bell, whistle, cutting-edge fabric or innovative cushioning was spared in the making of this shoe— and your feet will thank you for your high-end taste. "Eye-catching styling and an amazing fit make these like lingerie for my feet. I feel happy, sexy and ready to run!" said one tester. From the sectional crash pads to the no-socks-needed upper, every detail works toward a luxe run. 10mm drop, \$150,

Montrail Fluid Flex ST

Pick a trail, any trail.

One dirt-loving tester remarked, "These have very nice traction and a great tread for all surfaces including pavement. They even worked for longer stretches of road." The lightweight, real-ground feel and airy upper of these neutral trail shoes make them ideal for mid-distance runs on rind-distance runs on varied surfaces. Small multi-directional forefoot treads work in concert with energetic foam for a secure grip and quick turn-over. The pronounced heel cup and upper overlays enhance stability and fit for trail confidence. 4mm drop, \$95, montrail.com

Skechers

GoRun Ultra Road
This brand has a great
reputation for fun, fast
shoes—but some Skechers
fans have complained that in the past, the shoes lacked a bit in the durability department. The Ultra Road addresses this issue head-on. Its outsole issue head-on. Its outsole incorporates strategically placed rubber pods to let this pair last for miles and miles. "I'm adding these to the rotation for marathon training shoes," one tester reported. "They make me want to keep on running." Overlays and a medium heel counter add welcome support, and the toe box works for wider feet. 4mm



New Balance Pace Vazee

A sleek design and firm-yet-forgiving midsole foam make it easy (at least easier!) to hit a fast pace. Despite the race-inspired lines, these don't sacrifice comfort for performance. padded tongue and flex-ible heel cup make for a road-slipper feel on a fresh outsole. They even look fast—we dare you to see if these help you drop a second or two during your next tempo workout or race! "I definitely noticed quick flow through my one runner. 6mm drop, \$110, **newbalance.com**

Adidas *Supernova* Sequence Boost 8

Adidas' proprietary Boost foam lightens the midsole and lends a fresh take to a traditionally styled stability shoe. "I feel like there is a nice cushioned barrier between my feet and the ground," one fan reported. With midfoot overlays that attach to the laces, the shoe can be as roomy. that attach to the laces, the shoe can be as roomy or cozy as you'd like de-pending upon how tightly you cinch. The fabric is a closed mesh that, while warm for summer, is just 10mm drop, \$130, adidas.com

Hoka One One

Clifton II
In this update, the style that's often considered the Queen of Cushion keeps her dreamy ride. The change comes in the lighter weight, less-roomy upper and plush tongue. Testers, first hesitant about the sole's thickness, experiencing the ethereal yet responsive ride, pre-ferring this style for longer runs: "These really do feel like running on pillows." stability on varied terrain, from uneven sidewalks to marshy trails. 5mm drop, \$130, hokaoneone.com



361° Spire

"This is my Goldilocks and the Three Bears of shoes; they fit just right," said one tester, who gave them a score of 11 out of 10. Medium- to wide-footed runners appreciated the accommodating fit and responsive support. And there is enough room for toes to splay without feeling sloppy. They also have a "smooth, like buttah" ride with a dialed mix of cushion, responsiveness and support. 10mm drop, \$140, 361usa.com

Saucony Kinvara 6

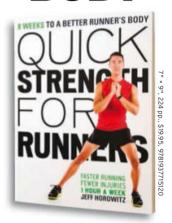
Lightweight and low to the ground, these neutral road shoes let your stride take center stage. Features, like the heel cup and tongue that have just the right amount of cushioning, support feet where needed without being overbearing. The upper is supremely breathable, which also means it may be chilly on colder days. One runner reported: "When I wear these, my feet feel fresh even after a hot, 10K run. Speedy foot turnover also seems to come a little easier when it's time for midrun sprints." 4mm drop, \$100, saucony.com

Nike *Air Zoom Odyssey*

The secret of these shoes is in the midsole: Hidden air pods provide a super-cushy ride. But one tester's favorite feature was the fabric: "The woven upper is soft and breathable and stretches for a comfortable fit even with my wider feet." The Odyssey has the lower profile of a more traditional road running shoe, with the winning performance of a responsive yet forgiving high-mileage pair. 12mm drop, \$150, nike.com



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Build a better body with Quick Strength for Runners.



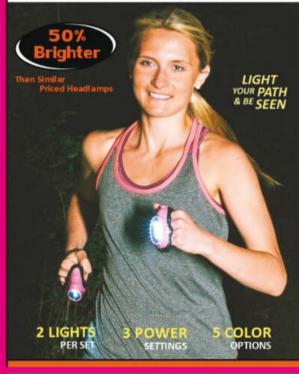
Available in bookstores, running shops, and online. Preview the book at velopress.com.







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MAR 19-20 DALLAS, TX

MAR 20 MEXICO CITY, MEXICO

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APR 9-10 RALEIGH, NC

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OCT 22-23 VANCOUVER, CANADA

OCT 30 LOS ANGELES, CA

OCT 30 MÉRIDA, MEXICO

SOCK GAME

Whether you have a lone survivor or your favorite pair gets a hole in the toe, here are a few ideas to up-cycle those socks into runner-friendly accessories.

BY JESSIE SEBOR



Smartphone Strap

Cut a long sock at the ankle and discard the foot. Turn the tube portion inside out and insert your arm so the hem of the sock is in the center of your bicep. Fold from the bottom to meet the top and put your phone into the fold.



Fingerless Gloves

Carefully cut the tips off a pair of toe socks and voila!—gloves perfect for layering under heavier mitts.



Arm Warmers

Snip off the foot of your favorite compression knee-highs and you're good to go.



Water Bottle Holder

Cut off the foot of a tube sock then stuff the bottle into the hole. Fold the top down from the neck of the bottle. Place your hand in the space between the fabric layers and you're ready to run!



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